

4A MOVING AND GROWING

Glossary

calcium – mineral important for healthy bones

classify – to sort things into similar groups

connective tissue – the tough substance that joins bones together

contract – when a muscle tightens it is said to contract

joint – the place where two bones are connected to allow movement

muscles – fleshy parts of the body that are joined to bones and work in pairs to make the body move

names of bones – skull, spine (backbone), ribs, rib cage

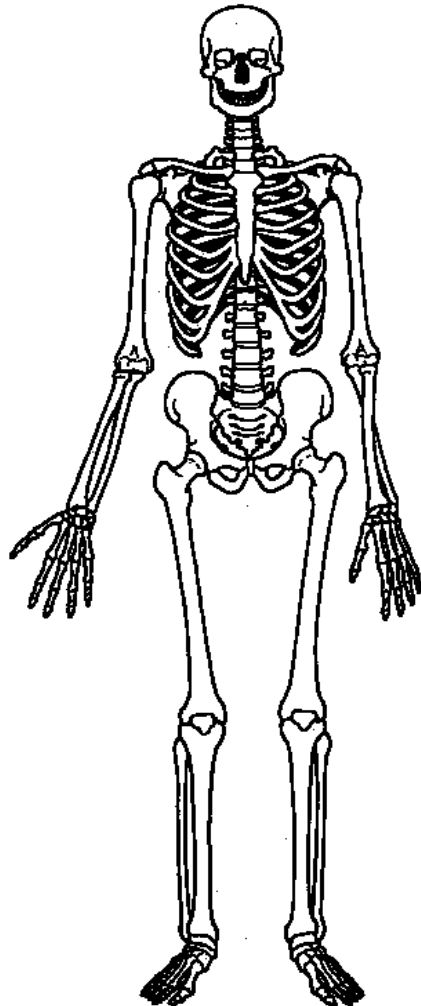
relax – when a muscle loosens it is said to relax

skeleton – the framework of bones that hold together the body, protect vital organs and allow the body to move

vertebra – one of the small bones that forms part of the backbone (plural – **vertebrae**)

vertebrate – any animal that has a backbone

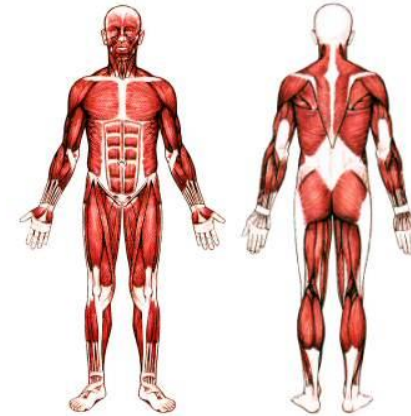
Can you locate these and other bones on the skeleton?
skull, spine, ribs, rib cage, hip, breastbone, shoulder, knee etc.



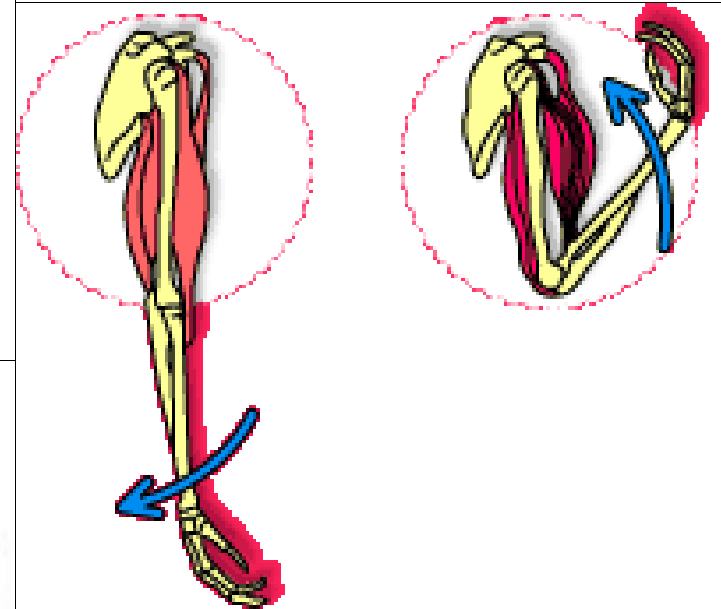
Here is an **x-ray** showing the **vertebrae** in the spine.



Green vegetables and dairy products are good sources of **calcium**.



The **muscles** are attached to the **bones** by **connective tissue**.



Muscles work in **pairs** to **move** different parts of the body. When one muscle is **contracted** the other is **relaxed**.