

Nova's Amazing Animal Kingdom

Join Nova the owl on a journey to discover how our bodies work and what we need to stay healthy!

- **The skeleton provides a sturdy frame for the body and protects delicate organs, like the heart and lungs.**
- **Muscles are attached to bones and work in pairs to help us move by contracting and relaxing.**
- **Animals, including humans, need to eat the right amounts of different food groups to stay healthy and grow.**
- **Water is essential for all living things; it helps our bodies stay hydrated and function properly.**
- **A balanced diet should include fruit, vegetables, proteins, and carbohydrates to give us energy.**

Did you know? Did you know? Your skeleton is made up of 206 bones! When you were born, you actually had around 300 bones, but as you grew up, some of them fused together to make your strong adult skeleton.

Key vocabulary: Skeleton · Muscle · Nutrition · Support · Protection · Vertebrate