

Nova's Amazing Anatomy Adventure

Learning objective: To identify that humans have skeletons and muscles for support, protection, and movement, and to understand the importance of a healthy diet.

Read each question carefully and use your knowledge of the human body to answer. Use the word bank to help you with tricky spellings.

Word bank: skeleton · muscles · support · protection · calcium · nutrients · joints · protein

1. Nova the owl wants to know: Why do humans need a skeleton? Give two reasons. (2 marks)

2. How do our muscles work with our bones to help us move? Use the word 'joints' in your answer. (2 marks)

3. Max the monkey is planning a healthy lunch. Why is it important for him to eat foods rich in calcium and protein? (2 marks)

4. Look at the list below. Circle the foods that help keep our bones and muscles strong: Crisps, Milk, Broccoli, Sweets, Chicken, Fizzy drink. (2 marks)

5. What would happen to a human body if it did not have any bones? Explain your idea. (2 marks)

Draw: Draw a human arm. Label the bone and the muscle that helps it bend at the elbow.



Extension challenge: Research one part of the skeleton that acts as a suit of armour to protect a vital organ. Write a sentence explaining which organ it protects and why.