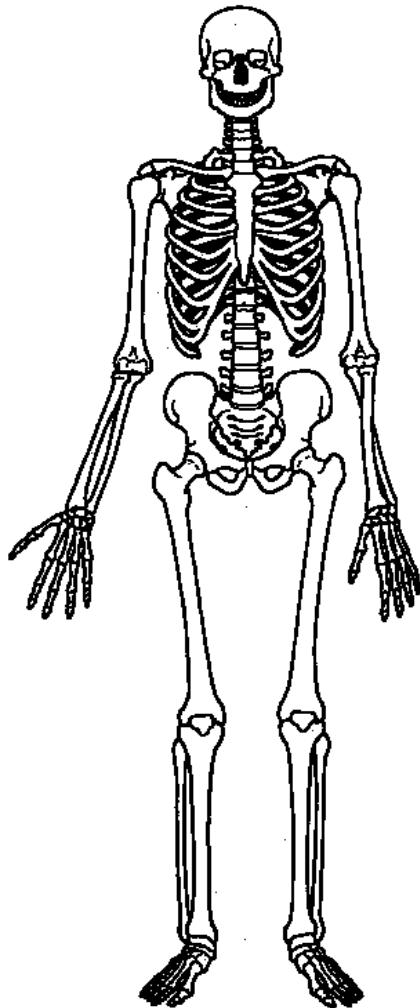
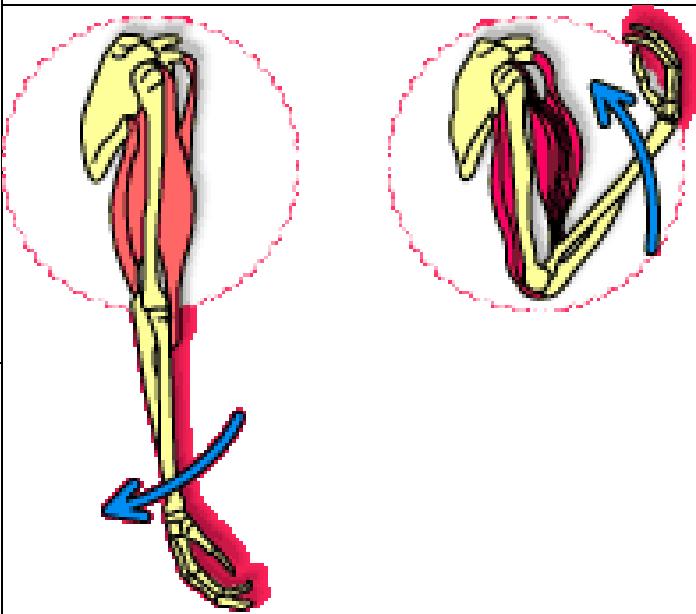


MOVING AND GROWING

Glossary	<p>Can you locate these and other bones on the skeleton? skull, spine, ribs, rib cage, hip, breastbone, shoulder, knee etc.</p> 	 <p>Here is an x-ray showing the vertebrae in the spine.</p>	<p>The muscles are attached to the bones by connective tissue.</p>  <p>Muscles work in pairs to move different parts of the body. When one muscle is contracted the other is relaxed.</p>
<p>calcium – mineral important for healthy bones</p> <p>classify – to sort things into similar groups</p> <p>connective tissue – the tough substance that joins bones together</p> <p>contract – when a muscle tightens it is said to contract</p> <p>joint – the place where two bones are connected to allow movement</p> <p>muscles – fleshy parts of the body that are joined to bones and work in pairs to make the body move</p> <p>names of bones – skull, spine (backbone), ribs, rib cage</p> <p>relax – when a muscle loosens it is said to relax</p> <p>skeleton – the framework of bones that hold together the body, protect vital organs and allow the body to move</p> <p>vertebra – one of the small bones that forms part of the backbone (plural – vertebrae)</p> <p>vertebrate – any animal that has a backbone</p>		 <p>Green vegetables and dairy products are good sources of calcium.</p>	