



### Key People/Scientists

**Andreas Vesalius  
(1514 - 1564)**

A Flemish anatomist who was the founder of the modern human anatomy. He wrote the most influential book on the human anatomy called 'De Humani Corporis Fabrica' (On the Fabric of the Human Body).



**Antoine Lavoisier  
(1743 - 1794)**

A French scientist who discovered the concept of metabolism (transfer of food and oxygen into heat and water in the body) in 1770. He is known as the 'Father of Nutrition and Chemistry'.



### Key Questions

**What are the 7 main nutrients?**

There are 7 main nutrients that provide energy. Nutrients are categorised as: carbohydrates, fats, vitamins, minerals, fibre, water and proteins.

**What are bones made from?**

Bone is a living, growing tissue. It is made mostly of two materials: collagen, a protein that provides a soft framework, and calcium, a mineral that adds strength and hardness.

**What is the function of a skeleton?**

The human skeleton performs major functions such as: support, movement, protection, production of blood cells and storage of minerals.

**What is the role of muscles?**

Muscles are used every time we move. There are more than 600 muscles in the human body. Muscles are attached to the bone by tendons and work in pairs to allow for smooth movement.

### Diagrams/Visual Aids

#### The Human Skeleton



### Misconceptions/Key Facts

#### Misconception:

Muscles push and pull our limbs for movement.

#### Fact:

Muscles can only pull; they work in antagonistic pairs to move limbs. The tongue is the only muscle that can both push and pull.

### Key Vocabulary

<b>carbohydrates</b>	Foods which contain sugars and starches. Such as: grains, rice, bread and cereals.
<b>bone</b>	The substance that forms the skeleton and is mainly made of calcium.
<b>joint</b>	The point where two parts of the skeleton fit together.
<b>metabolism</b>	The name of the process, which breaks down food and transforms it into energy.
<b>minerals</b>	Minerals help to build strong bones and teeth. Minerals also turn food into energy.
<b>muscle</b>	Fibrous tissue in a human or animal body that has the ability to produce movement.
<b>organs</b>	A part of the body, which performs a specific function. Example of organs are: brain, heart, lungs.
<b>proteins</b>	Protein is the nutrient essential for the growth and repair of tissue. It can be found in meat, fish, eggs, milk and legumes.