

Project glossary

ball and socket joint

A type of joint that allows movement in all directions, such as the shoulder.

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biceps

A skeletal muscle at the front of the upper arm that works in a pair with the triceps to bend and straighten the arm.

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bone marrow

A jelly-like substance inside bones that makes blood.

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carbohydrates

A food group that is the body's main source of energy, such as potatoes and pasta.

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cardiac muscle

A type of muscle in the heart.

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carnivore

An animal that only eats meat from animals.

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cartilage

A spongy tissue that cushions and protects joints and allows bones to slide easily.

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contract

When a muscle shortens and tightens to create movement.

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cranium

The part of a vertebrate skeleton that surrounds and protects the brain. It is also known as the skull.

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dairy and alternatives

A food group containing nutrients including the mineral calcium that keeps our bones, nails and teeth healthy. Dairy foods such as cheese are made from animal milk. Alternatives such as soya milk are made from plants.



diet

The types of food that a person or animal usually eats.

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endoskeleton

A type of skeleton that is on the inside of the body.

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exoskeleton

A type of skeleton that is on the outside of the body.

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femur

The largest bone in the leg, also known as the thigh bone.

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fibre

A type of carbohydrate found in plant-based foods that is important for keeping the digestive system healthy.

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fibula

A bone in the lower leg.

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fruit and vegetables

A food group consisting of plant parts that contain fibre and also vitamins and minerals which help the body to fight off diseases and keep our organs and muscles working well.

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gastrocnemius

A skeletal muscle at the back of the lower leg that works in a pair with the tibialis anterior to raise and lower the foot.

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gluteus maximus

A skeletal muscle at the back of the hip that works in a pair with the hip flexors to move the leg backwards and forwards.

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hamstrings

Skeletal muscles at the back of the thigh that work in a pair with the quadriceps to bend and straighten the leg.

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herbivore

An animal that only eats plant parts.



hinge joint

A type of joint that opens and closes in only one direction, such as the elbow.

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hip flexors

Skeletal muscles at the side of the hip that work in a pair with the gluteus maximus to move the leg backwards and forwards.

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humerus

A bone in the upper arm.

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invertebrate

An animal without a spine, such as a worm, butterfly or octopus.

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joint

A place where two or more bones meet and connect.

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latissimus dorsi

A skeletal muscle covering the middle and lower back that works in a pair with the pectorals to raise and lower the arm.

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ligament

A short band of tough, elastic connective tissue that attaches bones together.

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limb

A body part of an animal, such as a leg, arm, wing or flipper.

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malnutrition

Poor nutrition caused by eating too much food, too little food, or not enough of the right food, which creates health problems.

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mandible

The lower jaw bone of an animal.

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mineral

A nutrient needed for good health, such as calcium for healthy teeth, nails and bones.



muscle

A soft tissue, usually made up of many stretchy fibres, that contracts to create movement.

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nutrient

A substance that plants and animals need to grow, live and stay healthy.

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nutrition

A life process by which living things eat food or make their own food and absorb its nutrients.

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oils and spreads

A food group that contains fat, which helps us to absorb certain vitamins and provides essential nutrients.

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omnivore

An animal that eats both animal meat and plant parts.

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patella

A small, round bone that protects the knee joint. It is also known as the kneecap.

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pectorals

Skeletal muscles covering the chest that work in a pair with the latissimus dorsi to raise and lower the arm.

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pelvis

A bone that supports the base of the spine and protects the reproductive organs.

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pivot joint

A type of joint that only allows limited rotating movements, such as the top two spinal vertebrae.

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predator

An animal that hunts, kills and eats other animals.

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prey

An animal that is hunted and killed for food by another animal.



proteins

A food group that helps our bodies to grow and repair and build muscle, such as chicken or lentils.

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quadriceps

Skeletal muscles at the front of the thigh that work in a pair with the hamstring to bend and straighten the leg.

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radius

A bone in the lower arm.

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relax

When a muscle lengthens, going back to its normal size.

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rib

One of many curved bones that form the ribcage.

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ribcage

The part of the skeleton that protects the heart and lungs. It is made up of curved bones called ribs.

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seasonal

Describes something that happens during a particular time of year.

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skeletal muscle

A type of muscle that connects two bones and works in a pair to enable body parts to move.

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skeleton

A frame of bones that supports an animal's body, gives it shape and protects its organs.

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smooth muscle

A type of muscle found in organs, such as the intestines.



spine

A column of vertebrae that supports the body, keeps it upright and connects different parts of the skeleton. It is also known as the backbone.

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sternum

The bone at the front of the body to which the ribs connect. It is also known as the breastbone.

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synovial fluid

A thick liquid that cushions and lubricates a joint so it moves smoothly.

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tendon

A flexible cord of tissue that attaches skeletal muscles to bones.

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tibia

A bone in the lower leg.

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tibialis anterior

A skeletal muscle on the front of the lower leg that works in a pair with the gastrocnemius to raise and lower the foot.

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triceps

A skeletal muscle at the back of the upper arm that works in a pair with the biceps to bend and straighten the arm.

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ulna

A bone in the lower arm.

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vertebrae

One of the small bones that forms the spine.

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vertebrate

An animal with a spine, such as a human or a bird.

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vitamin

A nutrient needed for good health.



Scientific terms glossary

compare

To look at two or more things closely and see what is the same or different.

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data

Collected information or facts, including numbers, words, measurements or observations.

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diagram

A drawing with labels that shows the parts of something.

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equipment

An object or objects that are needed for a particular purpose, such as a hand lens and digital microscope.

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fair test

A test or investigation in which only one variable is changed each time measurements are made.

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investigation

An activity that involves a person studying a subject or problem carefully to learn facts and answer a question. An investigation includes a planning, doing, recording and reviewing stage.

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method

A set of instructions or steps to do a particular task.

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observe

To watch or look at something carefully.

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prediction

A statement made by a person where they say what they think will happen in the future, using their knowledge or experiences.



question

Something we ask using words like how, what, where, when, who and why.

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record

To write down data, such as numbers, words, measurements or observations in different ways, such as lists, tables, charts or labelled diagrams.

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research

To study a subject to discover new facts or information.

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results

The data collected from an investigation or test.

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table

A way of recording data in rows and columns.

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test

A practical way of finding out about something.

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Venn diagram

A diagram that shows the relationship between two groups of things by overlapping circles.

