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| **Key vocabulary** | |
| **nutrition** | Food necessary for health and growth. |
| **nutrients** | Useful substances that help animals and plants grow. |
| **carbohydrates** | These are the foods that give us energy. They are found in sugary and starchy foods. |
| **proteins** | These are important so the body can grow, repair and build muscle. |
| **vitamins and minerals** | Substances found in foods which keep us healthy. These are found in fruit and vegetables. |
| **fibre** | This lets food pass quickly through your body. It helps keep your digestive system in good working order. |
| **skeleton** | This supports and protects the body, allowing it to move. |
| **bones** | The hard parts inside your body which form your skeleton. |
| **muscles** | These are attached to bones and help us move. |
| **joints** | The place where 2 bones meet. |

**Animals including humans Year 3**

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| **Significant scientist** | |
| **Wilhelm Conrad Rontgen**  *(1845-1923)* | Wilhelm Rontgen was a German physicist who discovered X-rays in 1895.  He was awarded many honours and won the Nobel Prize for physics in 1901. |

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| **Animals need to eat food to get the nutrients they need.** |

**What type of foods should we eat to stay healthy?**



