



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.
saturated fats	Types of fats, considered to be less healthy, that should only be eaten in small amounts
unsaturated fats	fats that give you energy, vitamins and minerals
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.
tendons	These are cords that join muscles to bones

What type of foods should we eat to stay healthy?



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

Living things need food to grow and to be strong and healthy.

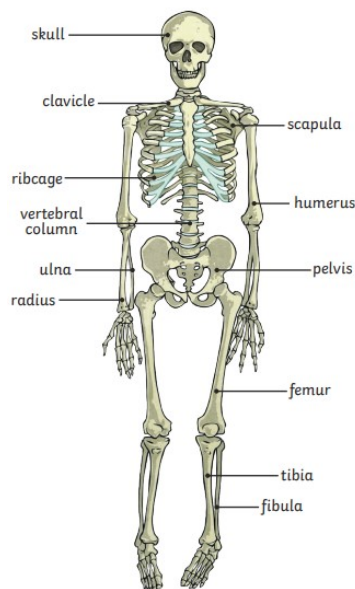
Plants can make their own food, but animals cannot.

To stay healthy, humans need to exercise, eat a healthy diet and be hygienic.

Skeleton

Skeletons do three important jobs:

- protect organs inside the body;
- allow movement;
- support the body and stop it from falling on the floor.



Skeletal muscles work in pairs to move the bones they are attached to by taking turns to contract (get shorter) and relax (get longer).

