

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

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

What type of foods should we eat to stay healthy?

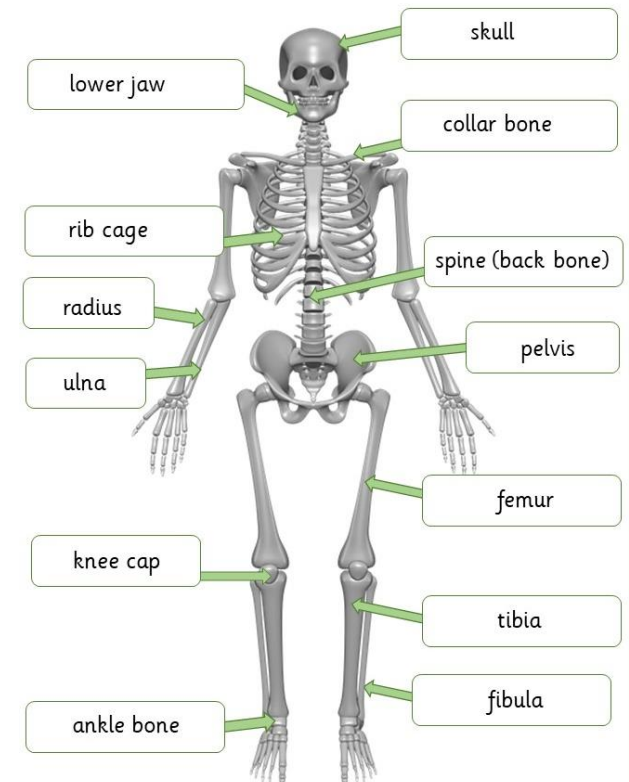


One piece of food can provide a range of nutrients.



A cat skeleton

The skull protects our brain.



The bones in our legs support us and help us stand.

The bones and muscles in our legs help us move.