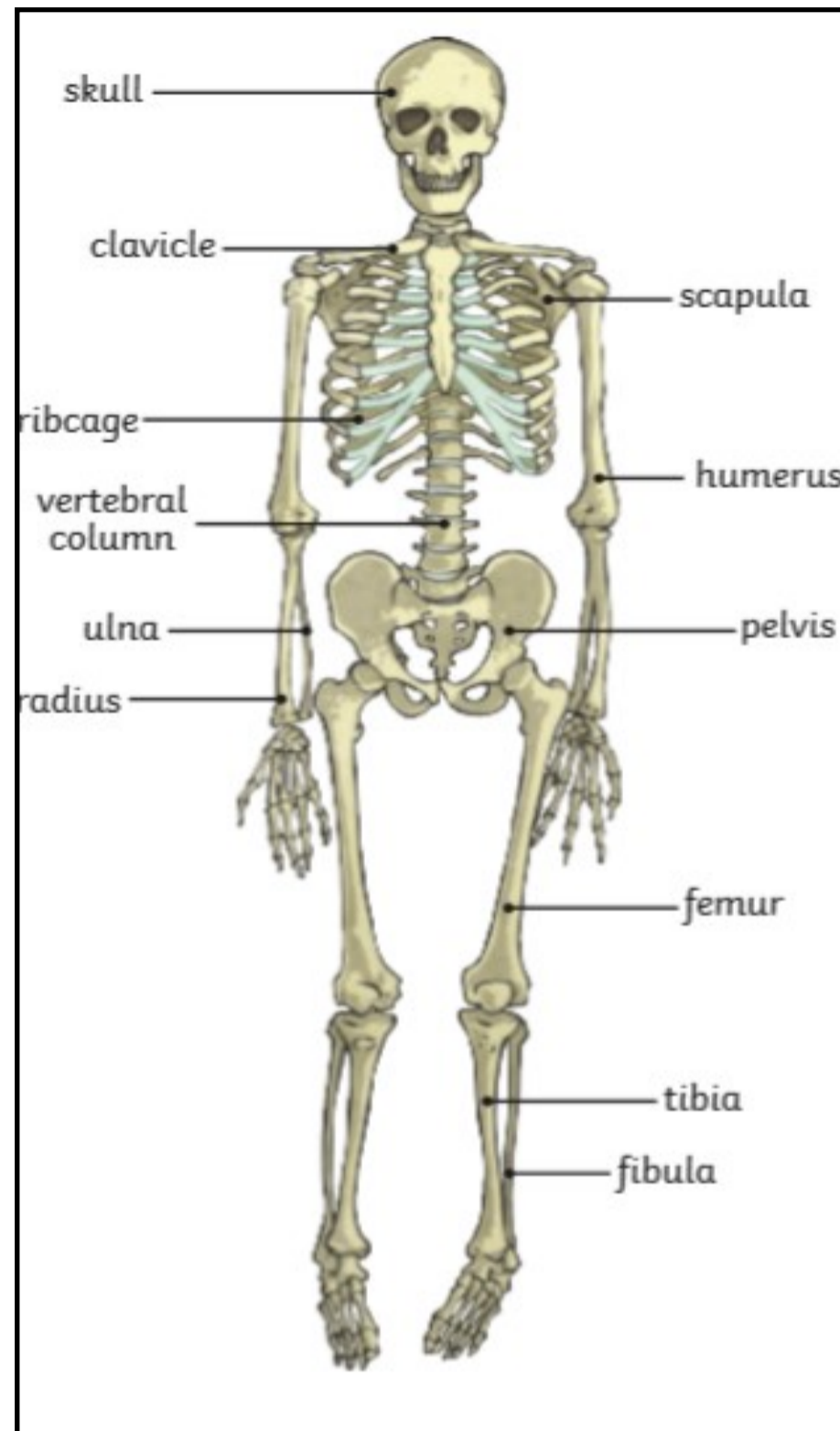
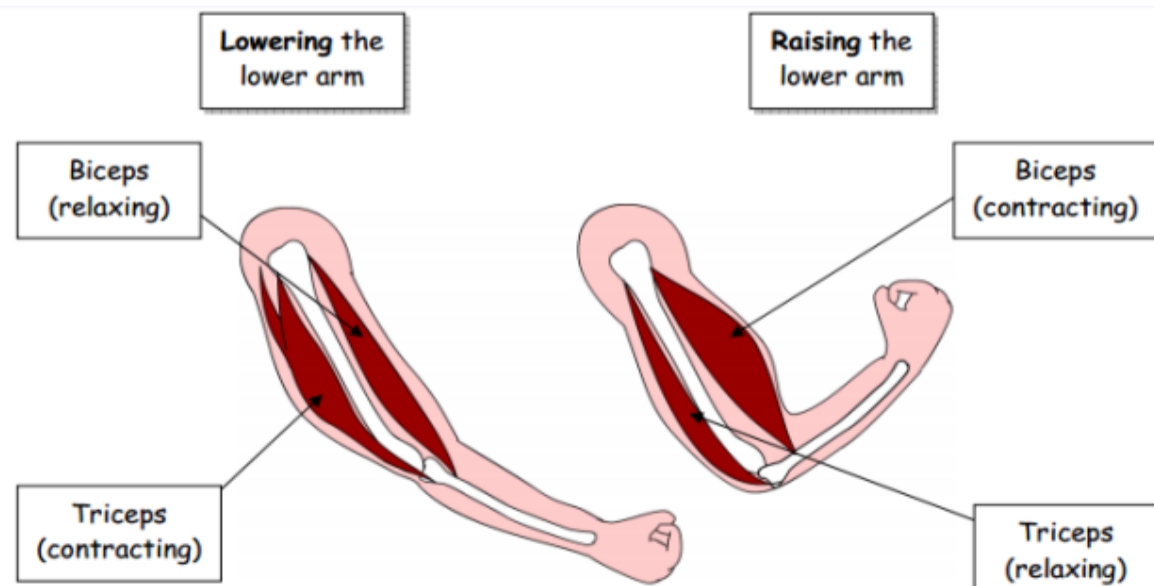


# Food and our Bodies

## Vocabulary

<b>Balanced Diet</b>	A diet that has the right amount of nutrients
<b>Carbohydrates</b>	Nutrients found in sugary foods such as sweets or starchy foods such as potatoes and pasta; these provide energy
<b>Nutrients</b>	Substances that living things need to stay alive and healthy
<b>Nutrition</b>	Food necessary for health and growth
<b>Healthy</b>	In good physical condition
<b>Skeleton</b>	Skeletons do three important jobs: protect organs, allow movement, and support the body.
<b>Exo-Skeleton</b>	A skeleton that some animals have that is outside their bodies like a suit of armour
<b>Muscles</b>	Soft tissue in the body that contracts and relax to cause movement
<b>Joints</b>	Areas where two or more bones fit together.



Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide energy
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide energy
vitamins		keep you healthy
minerals		keep you healthy
water		moves nutrients around your body and helps to get rid of waste

## Key Knowledge

The basic needs of all humans and other animals are food, water, oxygen and shelter. Unlike plants, which make their own food by photosynthesis, animals (including humans) cannot make their own food.

They have to get their food by eating plants or other animals. Humans need to eat regularly and eat different kinds of food to stay healthy.

The food that humans eat can be divided up into different groups. They are; Fruit and Vegetables, Starchy foods, Dairy food, Meat, fish, eggs, beans, pulses and nuts, Fat and sugar, Water.

The skeleton is a strong, rigid structure inside the body made of bone. Bone is living tissue made from bone cells, collagen and minerals such as calcium phosphate. The bones of our skeleton provide us with a strong structure supporting and protecting the rest of the body.

We are born with around 300 bones, but as we get older some of these fuse together into large bones. So, by the time we are adults, we only have 206 bones.

Some creatures such as crabs, lobsters and insects have a tough external skeleton, or exoskeleton.

Joints are the places where bones meet. They allow the skeleton to move and allow humans and other animals to grow. Bones are moved using muscles.

These muscles are attached to bones by tendons – strong, inelastic strips of tissue. Muscles can contract and get shorter; this pulls on the tendon and makes the bone move. They work in pairs; one muscle contracts and pulls in one direction, then another contracts and pulls back while the original muscle relaxes.

The heart is a ball of muscle, a muscular organ, which pumps blood around the body.