

Key Vocabulary

Nutrition - The study of food and how it works in the body.

Nutrients - Substances that are needed for healthy growth, development and function of the body

Carbohydrate - A food that is rich in energy.

Sugar - A sweet food that is made from sugar cane or beet.

Protein - A food that helps build muscle.

Vitamins and Minerals - compounds necessary for the healthy functioning of our bodies

Fibre - Carbohydrates which cannot be digested.

Fat - a source of energy

Skeleton - The 206 bones that form the structure of the body.

Bones - Hard white parts of the body.

Muscles - The parts of the body that relax and contract to produce movement.

Joints - Places where two bones come together.

Key Facts

Animals, unlike plants which can make their own food, need to eat in order to get the nutrients they need. Food contains a range of different nutrients that are needed by the body to stay healthy.

Humans and some other animals have skeletons and muscles which help them move and provide protection and support.

