

# Year 3: You are what you eat!

1. Terms	Definitions
<b>Nutrients</b>	A substance that is needed to grow healthily. Humans get nutrients from food and drink.
<b>Skeleton</b>	Our bones make up our skeleton, which supports our body and holds it up.
<b>Muscles</b>	Muscles help us move.
<b>Involuntary movement</b>	A movement which you cannot control, e.g. if someone taps your knee, it bounces up.
<b>Voluntary</b>	A movement which you can control, e.g. moving your hand.
<b>Vertebrate</b>	An animal with a back bone (spine).
<b>Invertebrate</b>	An animal without a back bone.
<b>Carbohydrates</b>	Foods that give you energy, e.g pasta, potatoes and bread.
<b>Protein</b>	Foods that help us build and grow muscle, e.g. beans, fish, eggs and meat.
<b>Vitamins and minerals</b>	Foods that keep us healthy and stop us getting ill. There are lots of vitamins and minerals in fruit and vegetables.
<b>Fats</b>	Fats help keep your skin and hair healthy, e.g. avocados. However, some fats can damage your body, e.g. if you eat too many burgers and chips.
<b>Fibre</b>	Found in carbohydrates and fruit and vegetables, these foods help you poo regularly.

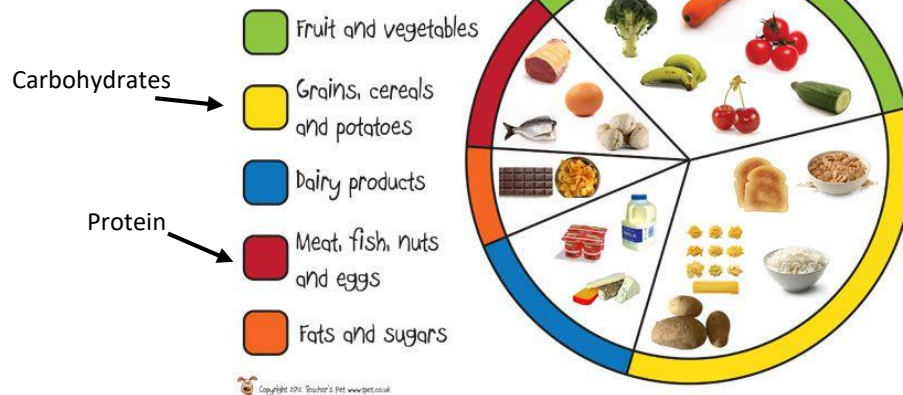
## 2. Nutrition

- Humans cannot make their own food, whereas plants can.
- Humans get nutrients by eating and drinking.
- Foods contain different nutrients

Carbohydrates	Fruit and vegetables	Protein	Dairy	Fats and Sugars

- We need all of these to stay healthy. However, we need some more than others.
- For example, we need more fruit and vegetables. than fats and sugars.

## A Balanced Plate



## 3. Skeleton and muscles

- Humans and some other animals, such as monkeys, dogs and fish, are vertebrates (they have a spine).
- Spiders, squid and snails (along with other animals) are invertebrates (they do not have a spine).
- Skeletons give shape and protection to animals, including humans.
- Your ribs protect your lungs and heart.
- Some muscles are involuntary – they work without you thinking about them, e.g. your heart and your intestines.
- Some muscles are voluntary – we decide how and when to use them, e.g. moving your arm or leg.
- For humans to be healthy we must eat the right food and exercise to keep our muscles (including our heart) strong.

