



Year 3: You are what you eat!

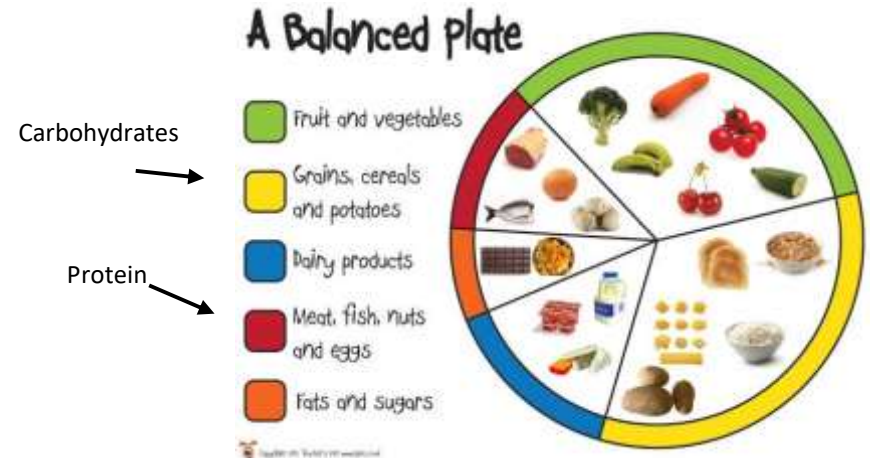
1. Terms	Definitions
Nutrients	A substance that is needed to grow healthily. Humans get nutrients from food and drink.
Skeleton	Our bones make up our skeleton, which supports our body and holds it up. The different parts also provide protection for our organs (for example, our ribcage protects our heart and lungs and our skull protects our brain).
Muscles	Muscles help us move .
Involuntary movement	A movement which you cannot control, e.g. if someone taps your knee, it bounces up.
Voluntary	A movement which you can control, e.g. moving your hand.
Vertebrate	An animal with a back bone (spine).
Invertebrate	An animal without a back bone (spine)
Carbohydrates	Foods that give you energy e.g. pasta, potatoes and bread.
Protein	Foods that help us build and grow muscle, e.g. beans, fish, eggs and meat.
Vitamins and minerals	Foods that keep us healthy and stop us getting ill. There are lots of vitamins and minerals in fruit and vegetables.
Fats	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.
Fibre	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	Diary (made with milk)	Fats and added 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 added sugars.



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.

