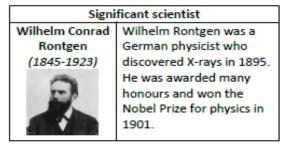
	Key vocabulary
nutrition	Food necessary for health and
	growth.
nutrients	Useful substances that help
	animals and plants grow.
carbohydrates	These are the foods that give
	us energy. They are found in
	sugary and starchy foods.
proteins	These are important so the
	body can grow, repair and
	build muscle.
vitamins and	Substances found in foods
minerals	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.
ioints	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?



The skull protects our brain.

