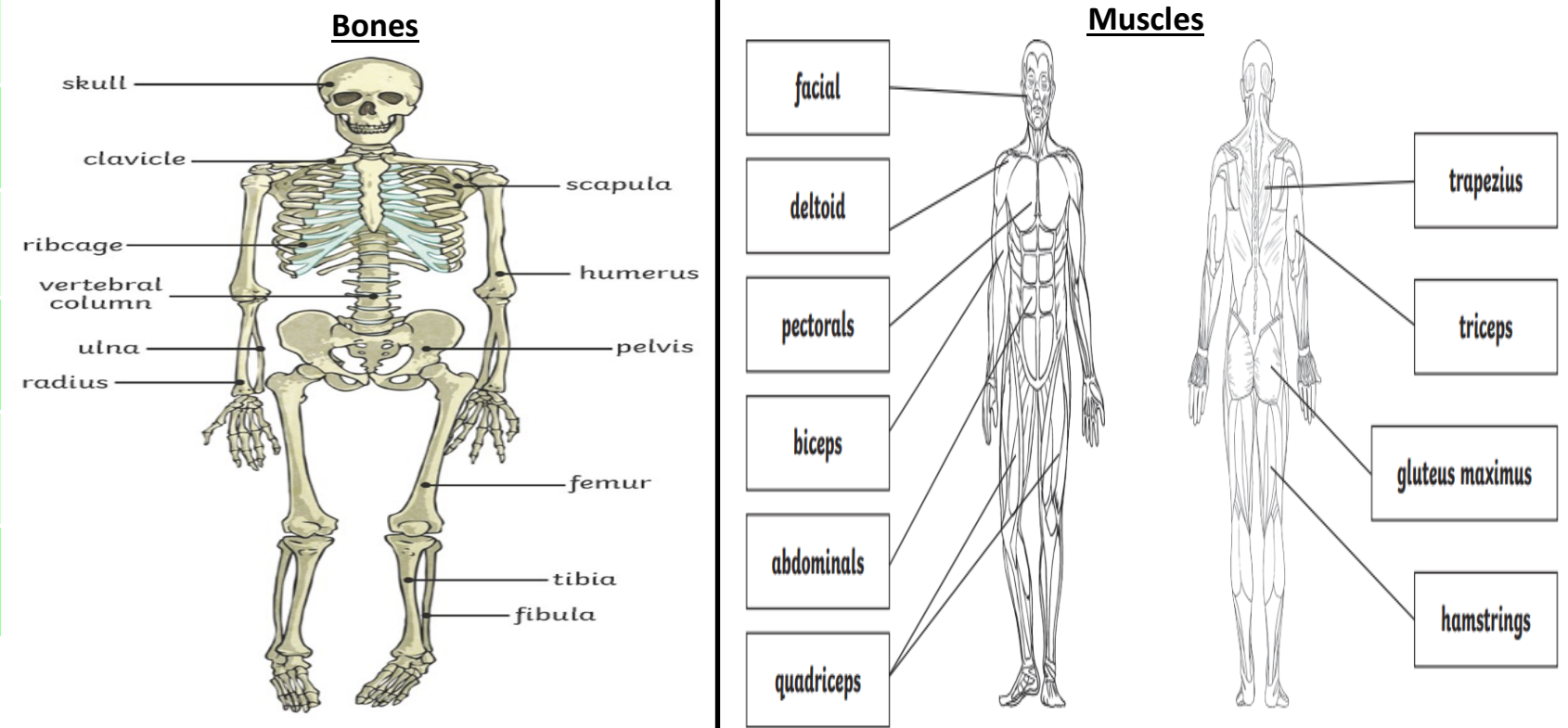


What do we need to survive and how do our bodies help?

Vocabulary	Definition
Balanced Diet	A diet consisting of different types of food and providing enough nutrients needed for good health.
Vitamins	A nutrient in food that helps the body grow, develop and fight illness.
Nutrient	A substance that animals and plants take in so they can live and grow.
Vertebrates	Animals that have a spine.
Cartilage	Spongy material found between bones so they don't rub together.
Contract	Muscle gets shorter.
Loosen	Muscle gets longer.

Bones and Muscles

Humans have a skeleton and muscles for movement, support and protecting organs.



Eatwell Plate

The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet.



Food Group	Uses	Examples
Fruit & Vegetables	Provides fibre to help digestion. They also contain vitamins and minerals to keep the body healthy.	Broccoli, Carrots, Apples, Strawberries
Carbohydrates	Provide the body with energy.	Pasta, Potatoes, Bread, Rice
Proteins	Needed for building, repairing and maintaining body tissues that makes up muscle and skin.	Meat, Fish, Eggs
Dairy	Keep muscles, bones, nerves, teeth, skin and vision healthy.	Milk, Cheese, Yogurt
Fats	needed for energy, warmth and to protect the organs.	Oil, Butter, Chocolate