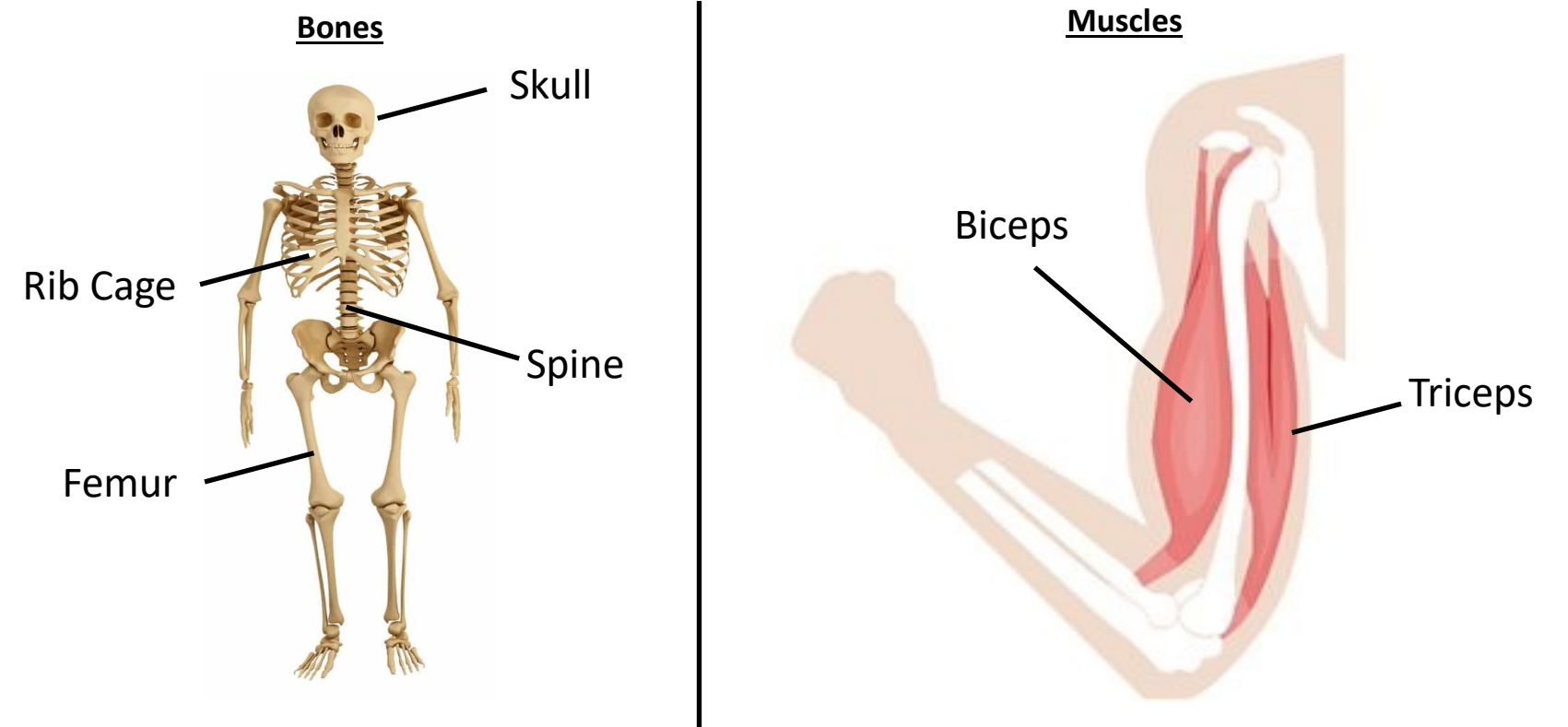


What do we need to survive and how do our bodies help?

| Vocabulary | Definition |
|--------------------|---|
| diet | The food that a person or animal eats. |
| 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. |
| skeleton | Formation of bones in our bodies. |
| 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 | Helps fight illness to keep the body healthy. Helps food digestion. | Broccoli, Carrots, Apples, Strawberries |
| Carbohydrates | Provide the body with slow releasing energy. | Pasta, Potatoes, Bread, Rice |
| Proteins | Needed for building, repairing and maintaining muscle. | Meat, Fish, Eggs |
| Dairy | Keep muscles, bones and teeth healthy. | Milk, Cheese, Yogurt |
| Fats | Provides the body with quick releasing energy and warmth. | Oil, Butter, Chocolate |