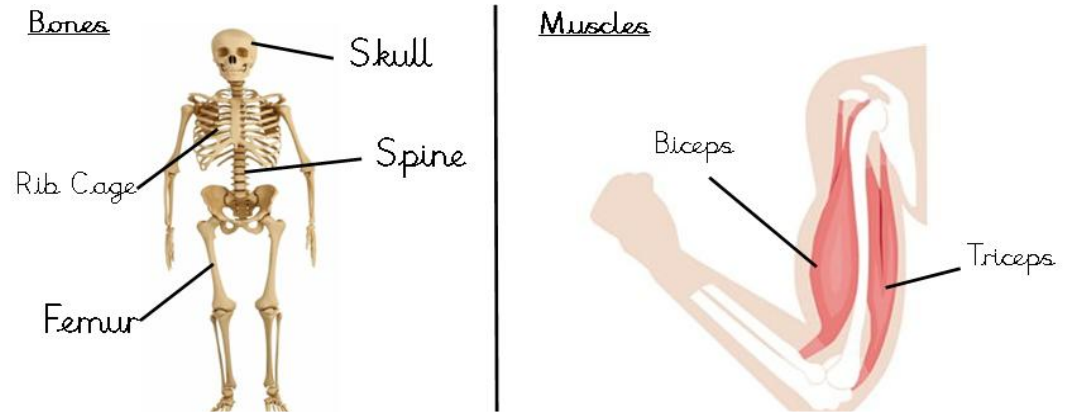


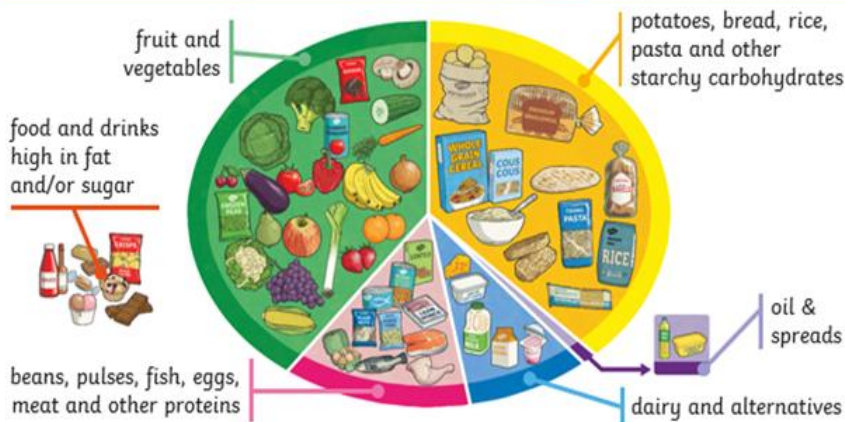
Science- What do we need to survive and how do our bodies help?

Vocabulary	Definition
diet	The food that a person or animal eats.
nutrient	Something in food that helps our bodies stay healthy
vitamins	A nutrient in food that helps the body fight illness, keep healthy and grow
vertebrates	Animals that have a spine.
skeleton	Framework of bones in our bodies.
contract	Muscle gets shorter.
loosen	Muscle gets longer.

Bones and Muscles
Humans have a skeleton and muscles. Our skeleton and muscles help with movement, support and protecting our organs.



Eatwell Guide
The Eatwell Guide shows how much of each food group we should eat to have a healthy, balanced diet.



Food Group	Nutrients	Uses
Fruit & Vegetables	Vitamins	Fights illness, keeps body healthy, helps us grow
Potatoes, bread, rice, pasta and other carbohydrates	Carbohydrate	Energy
Beans, pulses, fish, eggs, meat and other proteins	Protein	Growth, strength, muscle repair
Dairy	Calcium	Keeps muscles, bones and teeth healthy.
Oils and spreads	Fat	Energy and warmth