

Year 3: Food and our bodies

Skeleton

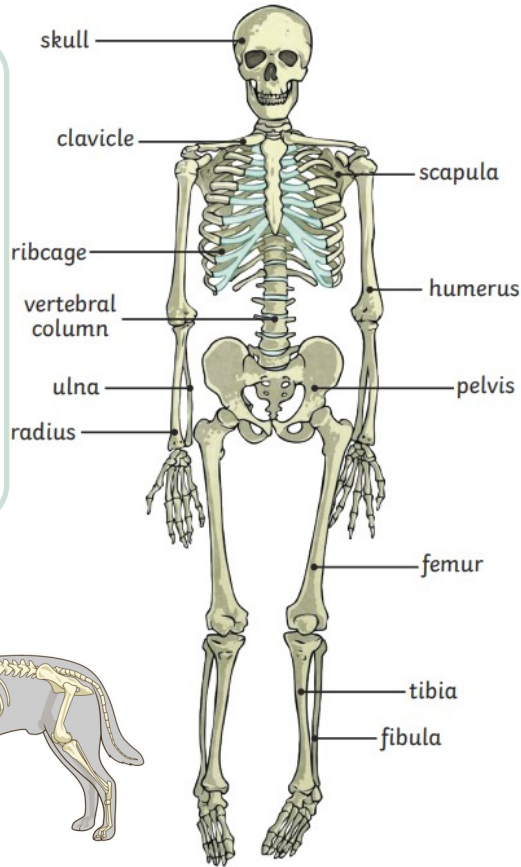
Human skeleton

Skeletons do three important jobs:

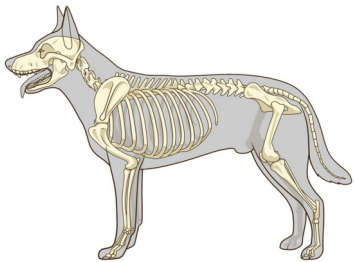
Protect organs inside the body.

Allow **movement**.

Support the body and stop it from falling on the floor.

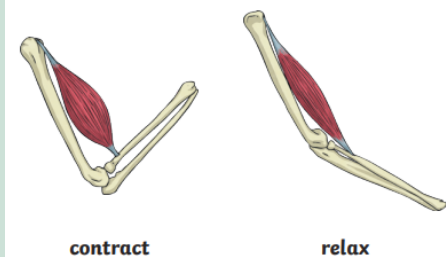


Dog skeleton



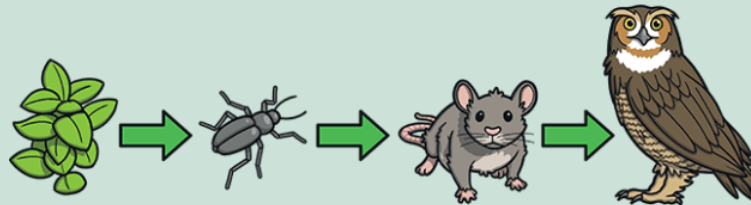
Muscles

Skeletal muscles work in pairs to move the bones they are attached to by taking turns to **contract** (get shorter) and **relax** (get longer).



Nutrition

Animals, including humans, need the right types and amount of nutrition. They get nutrition from what they eat. Plants can produce their own food.



Food groups

Food Groups

Fruit and Vegetables
Aim to eat 5 a day! Dried, frozen and tinned fruit and vegetables count as well as fruit juices. Important as sources of vitamins and minerals which reduce your risk of disease and keep you healthy. Limit fruit juice and/or smoothies to 150ml a day.

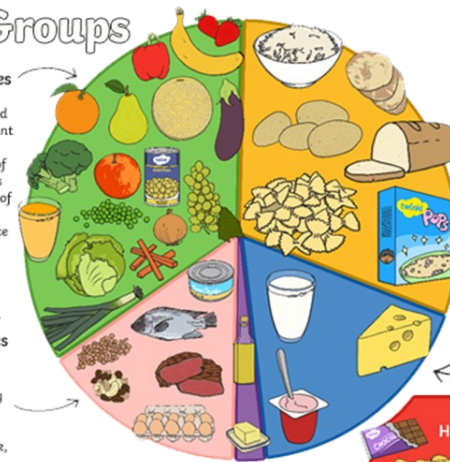
Meat, Fish, Eggs, Beans and Other Non-Dairy Sources of Protein
These are very important for helping us grow and build muscles. Try to eat 2 portions of fish a week, and try to reduce intake of red meat.

Oil and Spreads
Choose unsaturated oils and use in small amounts.

Bread, Rice, Potatoes, Pasta and Other Starchy Foods
These are important for giving us energy.

Milk and Dairy Foods
These are important for strong teeth and bones.

Food and Drinks High in Fat and/or Sugar
Eat less often and in small amounts.



To be healthy, nutritious food is needed to provide energy for the body. A variety of food is needed in the diet because different foods contain different substances that are needed to keep you healthy.

KEY VOCABULARY



NUTRITION: substances that living things need to stay alive and healthy



VERTEBRATE: Animals with backbones.



INVERTEBRATE: Animals without backbones.



CARNIVORE: Animals that only eat meat.



HERBIVORE: Animals that only eat plants.



ENDOSKELETON: A living thing with a hard skeleton on the inside of their body.



EXOSKELETON: A living thing with a hard skeleton on the outside of their body.



HYDROSTATIC: A living thing with a soft skeleton.