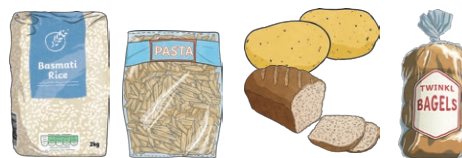


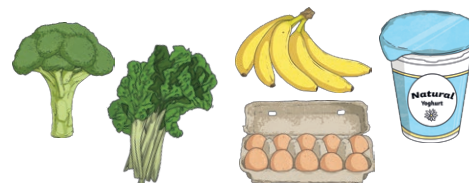
Key Vocabulary	
balanced	A balanced diet includes a variety of different foods that give your body what it needs to stay healthy.
carbohydrate	Carbohydrates are nutrients that can be found in many foods. They are the body's main source of energy.
endoskeleton	An endoskeleton is a skeleton inside the body that protects organs and helps an animal to stand, move and stay upright using joints.
exoskeleton	An exoskeleton is a hard shell that some living things have on the outside of their bodies to protect them and give them structure.
healthy	To be healthy means looking after your body and mind to feel well and function at your best.
hydrostatic skeleton	A hydrostatic skeleton is a body structure supported by fluid inside a soft body. It helps an animal keep its shape and move.
invertebrate	An invertebrate is an animal that doesn't have a backbone.
muscles	Muscles are soft tissues that contract and relax to move parts of the body.

Nutrients for a Balanced Diet

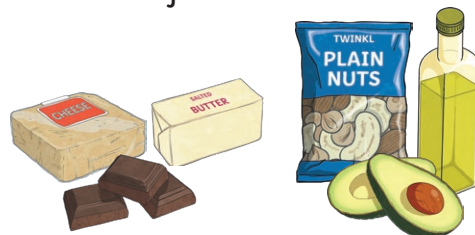
Carbohydrates give us energy. Wholegrain options contain more fibre and nutrients, which support a healthy balanced diet.



Minerals help us to grow and stay **healthy**.



Fats provide energy and help the body absorb some vitamins. Unsaturated fats are usually a healthier choice than saturated fats.

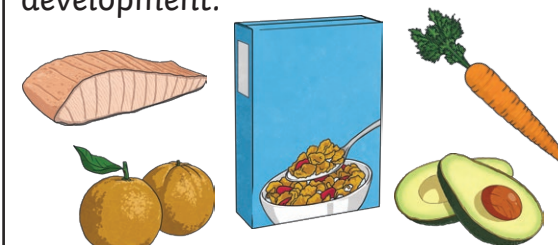


saturated fats unsaturated fats

Protein helps the body to grow, repair itself and build strong **muscles**.



Vitamins help with growth and development.



Food Labels

Food labels use a 'traffic light' system to give clear information about what's in our food. They can also show suggested **portion** sizes.

Each serving (150g) contains

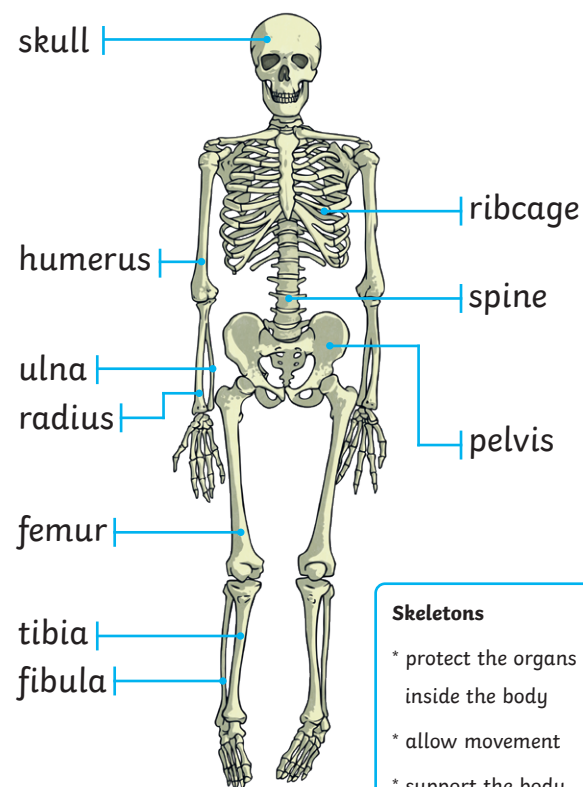
Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturates 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%

of and adult's reference intake
Typical values (as sold) per 100g: 697kJ / 167kcal

Key Vocabulary

nutrients	Nutrients are the essential substances found in food that help living things grow, stay healthy and have energy.
portion	A portion is the amount of food recommended to eat at one time.
protein	Protein is a nutrient that helps to build strong muscles, support the immune system and provide energy.
skull	The skull is the bony structure that makes up your head.
spine	The spine is a row of small bones in your back that helps you stand tall, bend and move.
vertebrate	A vertebrate is an animal with a backbone.
vitamin	Vitamins are nutrients that help the body function and grow.

Human Skeleton

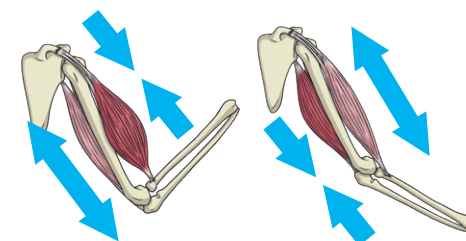
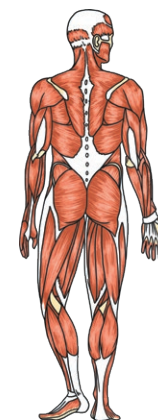


Skeletons

- * protect the organs inside the body
- * allow movement
- * support the body

Muscles

Muscles are attached to our bones and work in pairs to move them. They act like stretchy bands that get shorter (contract) or longer (relax) to help us move.



The **muscles** have to work together to contract and relax so that we can bend our arm.

The 3 Types of Skeleton

All **vertebrates** have an **endoskeleton**.



Invertebrates can have either an **exoskeleton** or a **hydrostatic skeleton**.

