

Nutrition: Animals including humans

Vocabulary



Word	Meaning
Carbohydrate	Sugars and starches that can be used as an energy source.
Fat	Fuels the body and gives you energy.
Protein	One of the three main food groups. Used for cell growth and repair.
Vitamins and minerals	The nutrients your body needs to function properly.
Skeleton	The supportive framework of a body.
Fibre	Can't be digested by the body. Essential for a healthy digestive system.
Balanced diet	A diet that contain the right amount of food from each food group.
Scurvy	A disease caused by not eating enough vitamin c.

Why is a balanced diet important for a healthy lifestyle?

Can I find out what carbohydrates are? What foods are they in?

What is the role of the spine? Is it important?

Does my skeleton grow when I do?



Important Facts

Carbohydrates are a body's main energy source

To stay healthy, you need a balanced diet.

You get nutrition from the foods you eat.

Humans and other animals have skeletons for movement, protection and support.