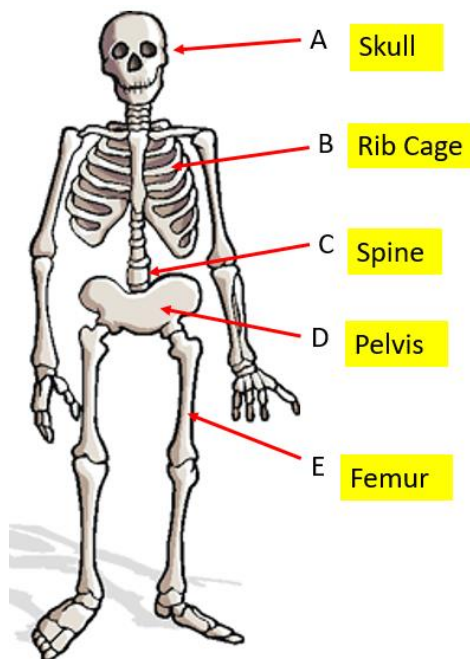


Key Vocabulary

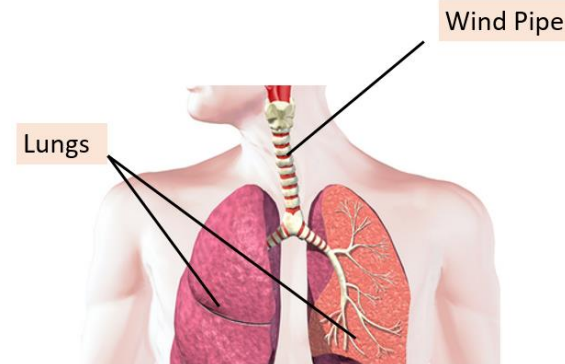
Learn these words and their definitions

Key word	Definition
Nutrition	The study of food and how it works in your body
Diet	Eating a variety of different foods from all food groups
Skeleton	The bones that form the protective cage of our body
Vertebrate	Animals that have a backbone in their body
Invertebrate	Animals that don't have a back bone in their body
Lungs	An internal organ used for breathing



What will we be learning about?

In this unit, we will learn about the ways in which we can keep healthy. We will look at the nutrients that we put into our body. We will look at the role vital organs play and how our skeleton supports us.



Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide energy
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide energy
vitamins		keep you healthy
minerals		keep you healthy
water		moves nutrients around your body and helps to get rid of waste