



## Five main food groups


Carbohydrates	For energy. There are two types: sugars and starches. Starches are found in bread, pasta, cereals, rice. Sugars in biscuits, cakes, sweets.
Proteins	For growth and repair. Found in fish, meat, milk, eggs, beans.
Milk and Dairy	For healthy bones and teeth. Found in milk, yoghurt, fromage frais, milkshakes and cheese.
Fruit and Veg	For staying healthy. Found in fresh foods as well as frozen and tinned.
Fats	For energy. Found in milk, cheese, butter, cooking oil, meat. Fats can be saturated and unsaturated.

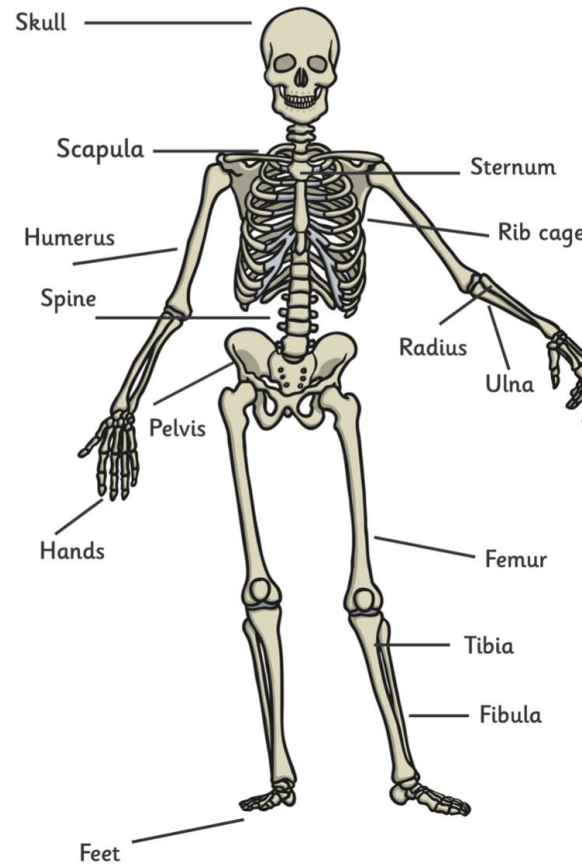
 Fruit and Veg

 Grains, cereals and potatoes

 Dairy

 Meat, fish, nuts and eggs

 Fats and sugars



## Skeleton and Muscles

1. The skeleton provides support and protection.
2. The skeleton also helps our bodies to move by working with our muscles.
3. Our muscles work in pairs to contract and relax, pulling our bones to and fro, as instructed by your brain.
4. Our muscles also provide protection and support for our joints.

## Key Vocabulary

Movement	To be mobile and move parts of the body.
Nutrition	The study of food and how it works in the body. Nutrition includes all the stuff that's in your food. Humans take nutrition by eating food.
Skeleton	A firm structure of a living thing that is typically made of bones. It supports and protects the internal organs and allows movement.
Skull	A bone framework that encloses the brain of a vertebrate.
Spine	A series of vertebrae extending from the brain to the small of the back. It encloses the spinal cord and provides support.
Joint	A connection between one bone and another.
Muscle	Fibrous tissue in the body that supports the skeleton and contracts and relaxes to produce movement.
Contract	To become shorter and tighter.
Relax	To become looser and lengthen.
Balanced Diet	A diet consisting of the proper quantities and proportions of foods needed to maintain health or growth.
Deficiency	Not having enough of something that your body needs.