

Types of nutrition



Carbohydrates

- Carbohydrates give the consumer energy.
- Carbohydrate-rich foods include pasta, rice, oats, breads and cereals.

Vitamins



- There are many different vitamins and minerals that perform hundreds of roles in the body.
- Fruit and vegetables are vitamin/mineral-rich.



Protein

- Protein helps the body to repair itself.
- Protein-rich foods include meat, eggs and nuts.



Fats

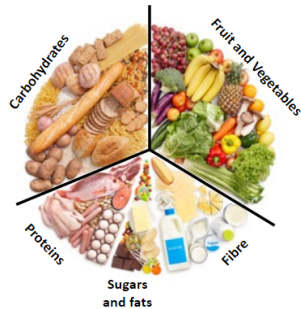
- Fats also give consumers lots of energy. However, too much fat is not healthy!
- Butter, cakes and fast food contain lots of fat



Fibre

- Fibre helps our digestive systems to work well.
- Fibre is often found in high-carbohydrate foods like bread, cereal, potatoes, and some fruits.

Balanced diet



- Animals including humans need the right type and amount of nutrition from the food they eat.
- One third of your food should be carbohydrates, one third should be fruits and vegetables, one third should be proteins, dairy, fats and sugar combined.

Skeletons and Muscles

- Skeleton**
- Humans (and many other animals) have a system of bones called a skeleton.
 - Skeletons help to support your body – they give it its shape.
 - Skeletons are also important for movement.
 - Finally, skeletons help to protect important parts of the body.



- Muscular system**
- Humans have 600 muscles.
 - The main purpose of muscles is for movement.
 - Muscles are also important for helping humans/ animals to sit, stand, and walk.
 - Muscles are made of strong stretchy tissue that can contract and relax.

Key vocabulary:

- Nutrition** – includes all the stuff that’s in your food.
- Bones** - Make the skeleton in humans and other vertebrates.
- Muscles** – Soft tissue in the bodies that contracts and relaxes to create movement.
- Tendons** – Cords that join muscles to bones.
- Joints** – area where two or more bones are fitted together.

Outputs:

- To make a personal balanced meal and diet.
- Classify animals in vertebrates or invertebrates.
- Explain the functions of the human skeleton.
- To investigate the link between lungs and muscles.

