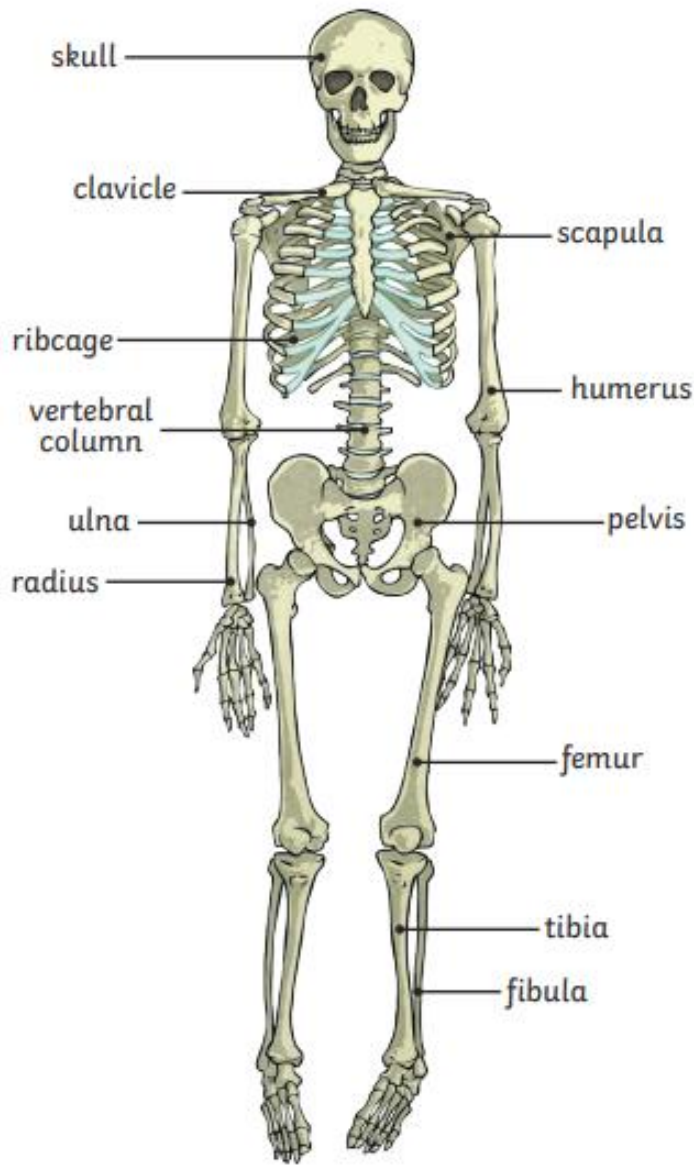


Linked scientists

Marie Curie – Physicist who invented the first mobile x-ray machine to treat soldiers wounded on the battlefield in WWI

Key Vocabulary	
bones	Hard parts inside the body which form the skeleton
balanced diet	Variety of food featuring all the different food groups
carbohydrates	Nutrient found in food like starchy vegetables, grains, rice, breads and cereals. There are 2 main types of carbohydrate – sugars and starches
fat	Nutrient found in food. The body stores fat as a fuel source, Too much of the wrong kind of fat can be unhealthy
fibre	A carbohydrate that the body can't digest. Is found in fruits, vegetables & grains.
healthy	In good physical and mental condition
joints	Where two bones of the skeleton meet and join together.
muscles	Inside part of your body that connects 2 bones and is used when you move
nutrients	Important parts of food that the body needs to grow. Nutrients are absorbed by the body during digestion.
nutrition	The study of food and how it works in your body
protein	A nutrient found in food which helps to build and take care of the muscles and organs in our body
ribs	Bones that make up our rib cage and connect to the spine . They help to protect important organs inside our body

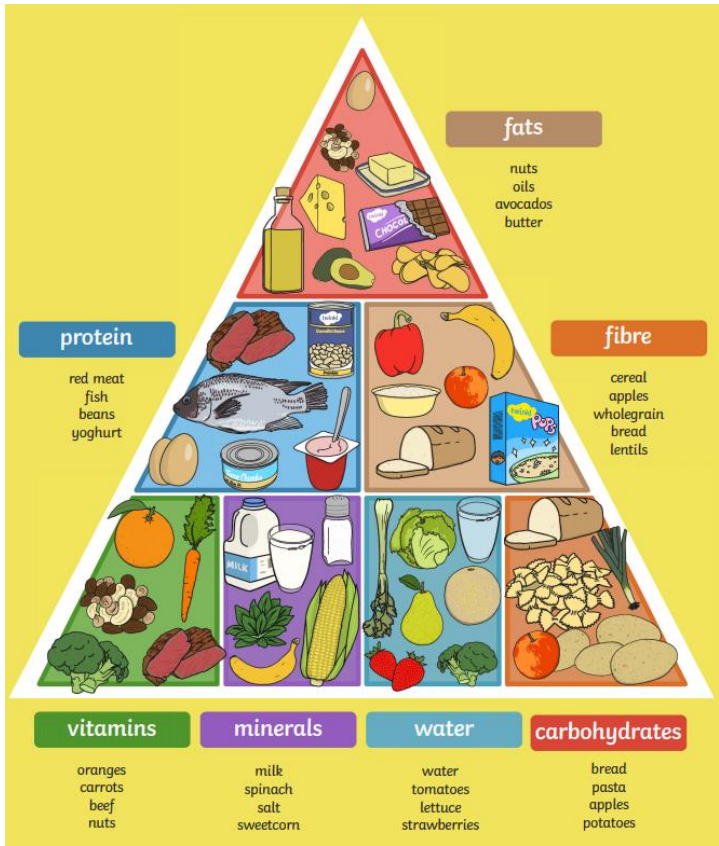
Key Vocabulary	
skeleton	All of the bones inside your body
skull	The bone that protects our brain at the top of the skeleton
spine	The column of bones which run up our back and protect our spinal cord
sugars	A sweet carbohydrate that gives us energy. Sugar has no nutritional value to our bodies
water	Clear liquid with no colour, taste or smell. All living things need water to survive.



What I will know by the end of the unit

All animals, including humans, need the right **nutrition**

Nutrition information			
Typical values	Per 100g	Per 1/4 pot	% based on diet for women
Energy	256 kJ 61 kcal	320 kJ 76 kcal	5.8%
Protein	4.9g	6.1g	12.6%
Carbohydrate	6.9g	8.6g	3.7%
of which sugars	6.9g	8.6g	9.6%
of which starch	nil	nil	-
Fat	1.5g	1.9g	2.7%
of which saturates	0.9g	1.1g	5.5%
monounsaturates	0.4g	0.5g	-
polyunsaturates	nil	nil	-
Fibre	nil	nil	nil
Salt	0.2g	0.3g	5.5%
of which sodium	trace	0.1g	4.2%
Vitamins & minerals			
Calcium	168mg	210mg	26%



different **nutrients** that the body needs to stay **healthy**. Food labels contain **nutritional** information

Animals, including humans, are unable to make their own food

Unlike plants, which make their own food, animals and humans need to eat to make sure they get the **nutrients** they need to live and grow.

Humans and some other animals have **skeletons** and **muscles** that help support and protect their body

Bones form the **skeleton** inside our body. The **skeleton** helps to support our body and to **protect** the organs inside our body.

