

Animals including Humans

Key Vocabulary	
Nutrition	How food works in your body.
Diet	The food and drink that a person or animal usually consumes.
Vitamins & minerals	They are found in food and your body needs them to work properly.
Fats	The body uses fat as fuel. It is how energy is stored in the body.
Proteins	Muscles, organs and your immune system are made up of protein. Eating protein builds, maintains and replaces tissues in your body.
Carbohydrates	The body's main source of energy. It is found in most foods that we eat.
Skeletons	Their function is protect organs, support the rest of the body and provide a structure for movement.

Key Scientists
Diane Frances (1954-)
Frances solves mysteries and crimes by deciphering the stories bone tell her.

The Eatwell Guide



Pupil voice: What did you enjoy? What did you learn?
