

Why is a balanced diet important for humans?

Humans cannot make their own food like plants can, so we need to eat plants and animals for nutrition. A balanced diet provides us with the nutrition we need to function properly. We need food for energy to help us grow, and so our body can repair itself.



Food Group	Examples
carbohydrates/ starchy foods	bread, rice, potatoes, pasta Chocolate & sweets
protein	fish, meat, eggs, beans
fats	butter, oil, cream, nuts
vitamins and minerals	banana, apples, carrots, kale, butter, cheese, milk

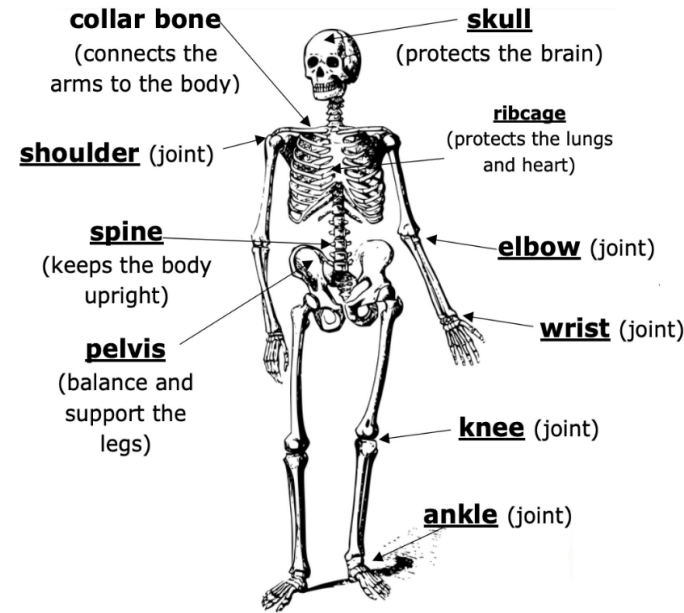
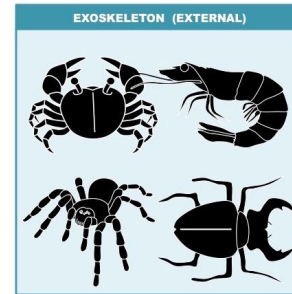
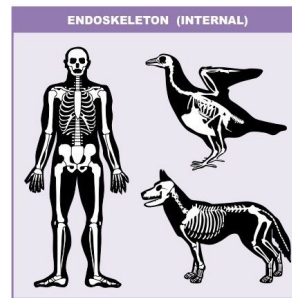


Year Three Science Healthy eating and muscles/bones



Our skeletons have three important functions:

- They protect the organs inside the body.
- They allow movement
- They support the body and stop it from falling on the floor



What would happen if humans did not have skeletons?

If humans did not have skeletons, we wouldn't be able to stand up, walk or move like we do now. Without our skeletons, we would be jelly and floppy. Our skeletons protect important parts inside us, like our heart and brain - without it, these parts could get hurt easily.

Key vocabulary

Word	Definition
balanced diet	Nutrients are needed to survive and grow. They are used for energy and to build and repair the body.
nutrient	Nutrients are needed to help us survive and grow. They are used for energy and to build and repair the body.
carnivore	An animal that can get its nutrients from only eating other animals.
herbivore	An animal that can get its nutrients from only eating plant.
omnivore	An animal that can get its nutrients from eating plants and animals.
skeleton	Our bones protect and support us
muscle	Muscles work in pairs to help us move our bones
movement	Without our muscles, joints and skeleton we wouldn't be able to move
exoskeleton	A skeleton on the outside of the body