

| <p align="center">Key Knowledge Learn these key facts – key points in red</p> | | <p align="center">Key Vocabulary Understand these key words</p> | |
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| <p>HEALTHY EATING</p> <p>To keep your body fit and healthy you need a balanced diet using all of the food groups.</p> <p>Carbohydrates – Main source of energy for our bodies (rice, potatoes, pasta and bread).</p> <p>Protein – Repairs and builds muscles, organs and immunity (fish, meat, eggs and cheese).</p> <p>Sugar and Fats – Stored for energy and creates a layer of fat to keep us warm. Should not have too much of these (chocolate, sweets, butter, oil, cream).</p> <p>Vitamins and Minerals – Keeps us growing and fighting infections (fruit and vegetables).</p> | <p>SKELETONS & MUSCLES</p> <p>The skeleton protects our internal organs, keeps us supported and helps us move.</p> <p>Skeletons move because bones are attached to muscles. When a muscle contracts (bunches up), it gets shorter and pulls up the bone it is attached to.</p> <p>When a muscle relaxes, it goes back to its normal size.</p> | <p>nutrition</p> | <p>the study of food and how it works in your body. It includes carbohydrates, fats, protein, vitamins and minerals.</p> |
| <p align="center">Famous Scientists</p> <p>Greg Whyte Greg Whyte (born 1967) is a former Olympian and a sports scientist. He is a Professor in Applied Sport & Exercise Science at Liverpool John Moores University. He is an expert on exercise physiology, sports performance and rehabilitation. He has also been involved with Comic Relief.</p> <p>Elsie Widdowson Elsie Widdowson (1906-2000) was a British dietician and nutritionist who loved experiments. She wrote a book which told us for the first time what energy and nutrition was in different foods. She also played a key role in wartime rationing</p> | | <p>carbohydrate</p> | <p>the main source of energy for our bodies (rice, potatoes, pasta and bread).</p> |
| | | <p>fats</p> | <p>stored for energy and creates a layer of fat to keep us warm (chocolate, sweets, butter, oil, cream).</p> |
| | | <p>protein</p> | <p>repairs and builds muscles and organs (fish, meat, eggs and cheese).</p> |
| | | <p>vitamin & minerals</p> | <p>these help us to grow, form bone and muscle and prevent infection (fruit and vegetables).</p> |
| | | <p>skeleton</p> | <p>it's a strong structure made of bone which supports us so we can stand, protects internal organs from damage and allows movement.</p> |
| | | <p>vertebrate</p> | <p>is an animal with an internal backbone.</p> |
| | | <p>invertebrate</p> | <p>is an animal without an internal backbone.</p> |
| | | <p>endoskeleton</p> | <p>an internal support made of bone that gives the body shape and allows it to move.</p> |
| | | <p>exoskeleton</p> | <p>a hard covering that supports and protects the bodies of some types of animals. The word exoskeleton means "outside skeleton." Many invertebrates, or animals without backbones, have exoskeletons.</p> |
| | | <p>muscle</p> | <p>an organ of the body which allows for the body to move as they are attached to the skeleton.</p> |
| | | <p>contract</p> | <p>when muscles tense.</p> |
| | | <p>relax</p> | <p>when muscles are less tense and return to normal size.</p> |
| | | <p>vertebrate</p> | <p>is an animal with an internal backbone.</p> |
| | | <p>nutrition</p> | <p>the study of food and how it works in your body. It includes carbohydrates, fats, protein, vitamins and minerals.</p> |