





NUTRITION AND DIGESTION

KEY FACTS

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- Humans are omnivores: we get our nutrition by eating plants or other animals.
- Vegetarians do not eat meat but they do eat food which comes from animal products eg eggs and cheese.
- Vegans choose to eat plant-based foods only.
- Food can be divided into various groups:
 - **fruit and vegetables which give us vitamins**
 - **carbohydrates such as pasta, rice and potatoes**
 - **dairy such as milk, cheese and yoghurt**
 - **protein such as meat, fish and eggs**
 - **fat and oils such as olive oil, cakes and sweets.**

Food Group		Function
Fruit and Vegetables		Help our bodies work properly
Proteins		Help your body grow and repair itself
Fats and Oils		Act as an energy store
Carbohydrates		Give you energy

THE HUMAN SKELETON

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- The skeleton is a strong, rigid structure inside our bodies made of bone.
- The human skeleton is made of 206 bones
- The spine runs along the back and is made up of 33 vertebrae
- The ribs form a protective structure around our heart and lungs
- The skull protects our brains.
- The longest bone in the body is the femur or thigh bone
- Bones meet at the joints (ankles, knees, wrists) which allow the skeleton to move
- Muscles are tissues in the body that cause it to move by contracting and relaxing

WORKING SCIENTIFICALLY



OBSERVING



GROUPING



COLLECTING AND RECORDING DATA



PRESENTING FINDINGS

