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 		

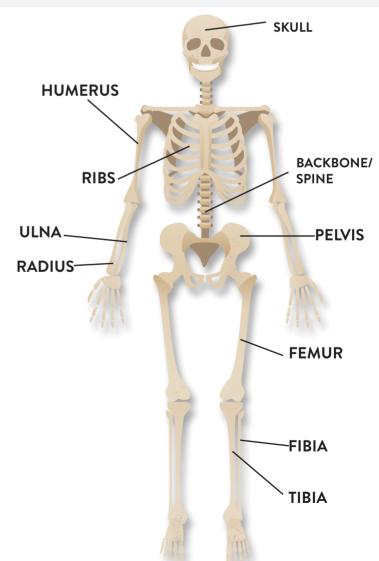
protein such as meat, fish and eggs fat and oils such as olive oil, cakes and

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

sweets.

☑ 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