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| **Key Information** | **Key Scientists** | **Subject Specific Vocabulary** | |
| ***The key to a healthy balanced diet is:***   * *Eating the right amount of food for how active you are* * *Eating a range of foods* | **Diane France (1954-present)**  **Diane France** also known as the bone detective is a forensic anthropologist. She loves bones and can solve mysteries and crimes by working out the stories that the bones tell her. | **nutrition**  **diet** | **Nutrition** is the study of food and how it works in your body. **Nutrition** includes all the stuff that's in your food, such as vitamins, protein, fat, and more.  A **diet** contains differing kinds of foods in certain quantities and proportions so that your body had the correct requirements. |
| ***Your diet should include:***  *Fruit and veg, carbohydrates, dairy, protein and a small amount of fats and sugar.* | **carbohydrates** | Bread, cereals, pasta, rice, and sweet foods are mostly **carbohydrates**. You need them to give you energy. |
| ***Skeletons helps us to move (movement)*** | **dairy** | **Dairy**, like milk, cheese and yoghurt, gives us calcium for strong teeth and bones. |
| ***Skeletons help to protect vital organs like the brain and heart (protection)*** | **protein** | Your muscles, your organs, and your immune system are made up mostly of **protein**. You'll find **protein** in lots of yummy foods like eggs, nuts, beans, fish, meat, and milk. |
| ***Skeletons provide our bodies with support*** | **fats** | The body uses **fat** as a fuel source. Some examples of foods that contain fats are **butter**, oil, **nuts**, **meat**, **fish**, and some **dairy** products. These should be consumed in small amounts. |
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