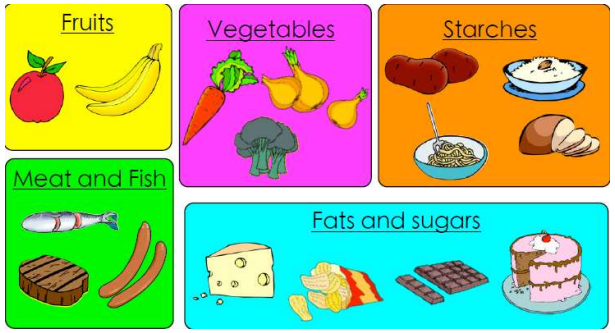
Topic Fact Sheet-Nutrition &Diet

Key vocabulary

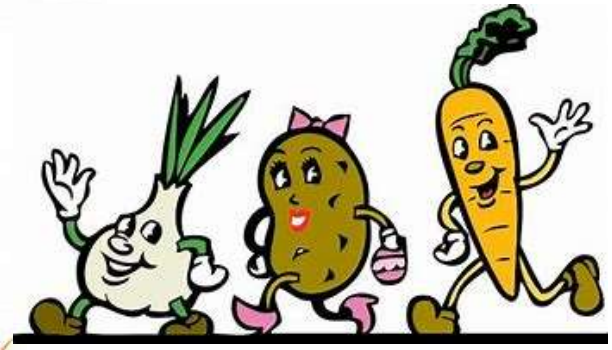
nutrient	A food that is needed for the body to grow and have energy
balanced diet	A diet that includes the right amount of nutrients
carbohydrate	Food needed for energy
protein	Food needed for growth and repair
fat	We do not need foods containing fat to survive
vitamins and minerals	Food needed for healthy cells
fibre	Food needed to help food move through our body (the gut)
vegetarian	A person that does not eat meat or fish

Food can be grouped

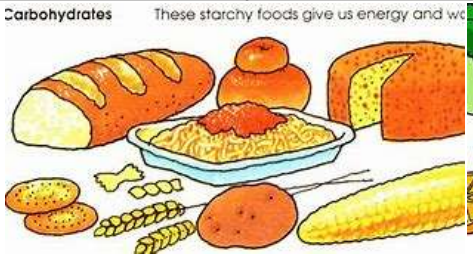


A balanced diet means eating the right amount of food from different groups

A vegetarian is a person that does not eat meat or fish



Some people cannot eat food made with wheat so cannot eat bread, pasta or cereals



Carbohydrates

Vitamins and minerals

Fats

Proteins

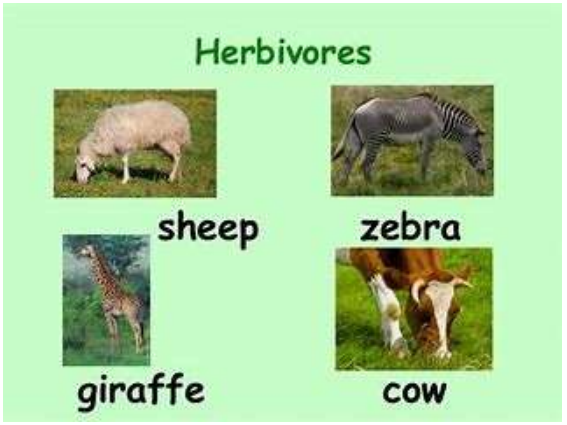
Fibre

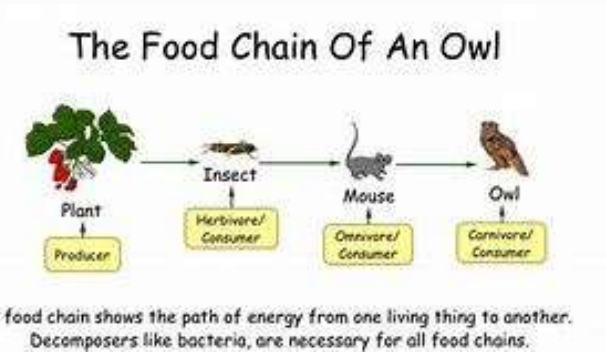
Topic Fact Sheet-Nutrition & Diet

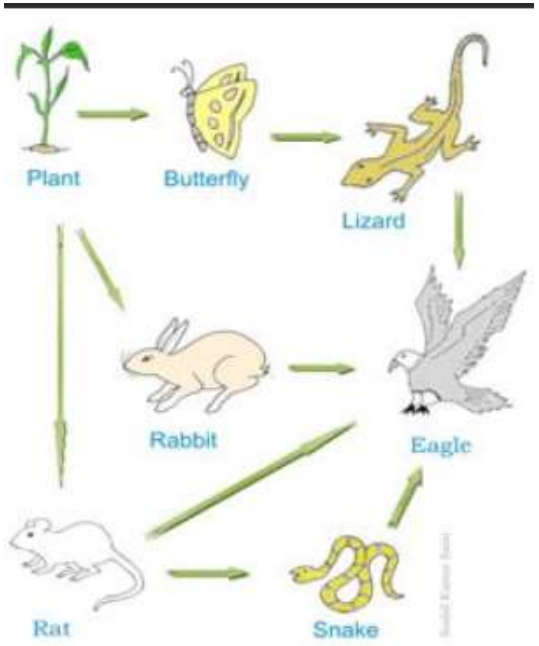
Key vocabulary

organism	A living thing
food chain	This shows how energy moves from organism to organism
ecosystem	All the animals and plant that depend on each other
producer	The plant at the start of a food chain
photosynthesis	In this process plants produce their own food
consumer	An animal that eats another living thing
food web	This shows how a consumer can get energy by eating more than one type of food
carnivore	Animals that eat only meat
herbivore	Animals that eat only plants
omnivore	Animals that eat meat and plants

Carnivores







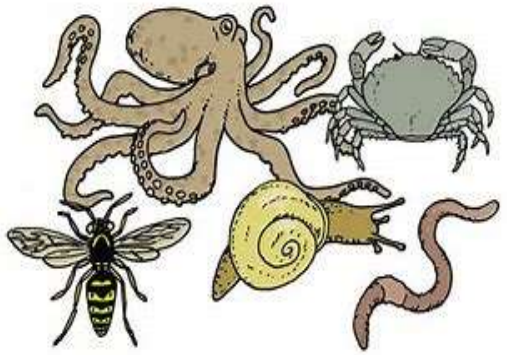
A food web is more than one food chain put together

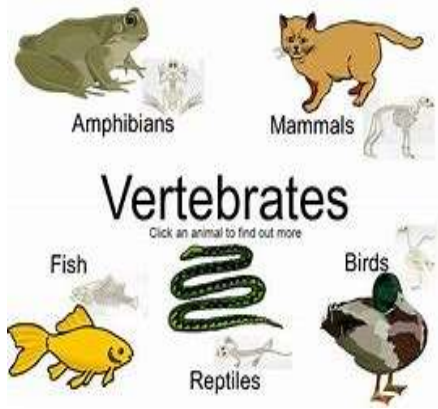
Topic Fact Sheet-Skeleton & Movement

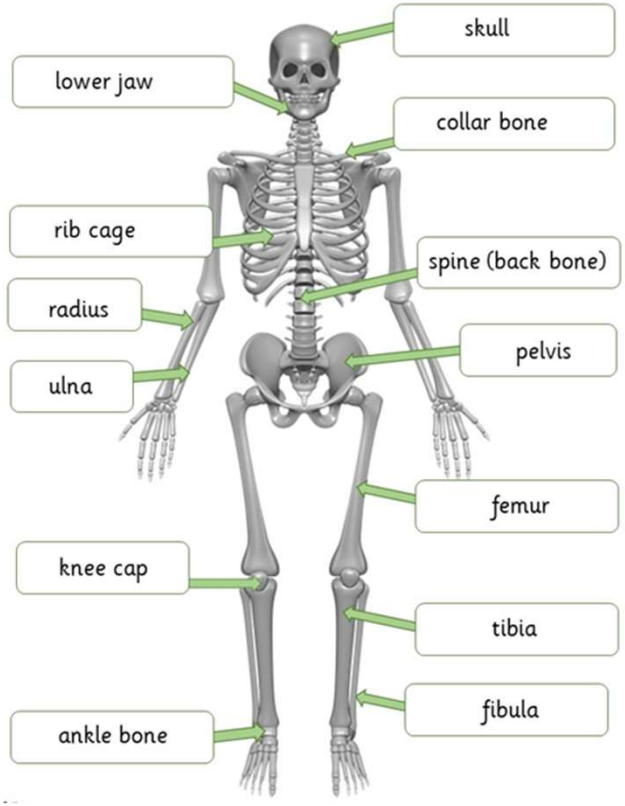
Key vocabulary

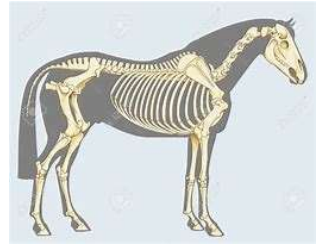
vertebrate	An animal with a backbone
vertebrae	The small bones that make up the backbone
invertebrate	An animal without a backbone
arachnid	A spider
mollusc	An invertebrate with a soft body and possibly a shell. Snail, slug and octopus are molluscs
skeleton	Protects supports and allows your body movement
endoskeleton	An animal with a skeleton on the inside of its body
exoskeleton	An animal with a skeleton on the outside of its body
hydroskeleton (hydrostatic skeleton)	An animal which has muscles that act like bones to allow it to move

Invertebrate animals









A horse has an endoskeleton

A beetle has an exoskeleton

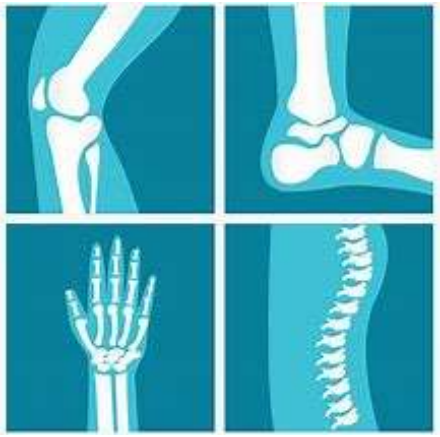
A worm has an hydroskeleton

Key vocabulary Topic Fact Sheet-Skeleton and Movement

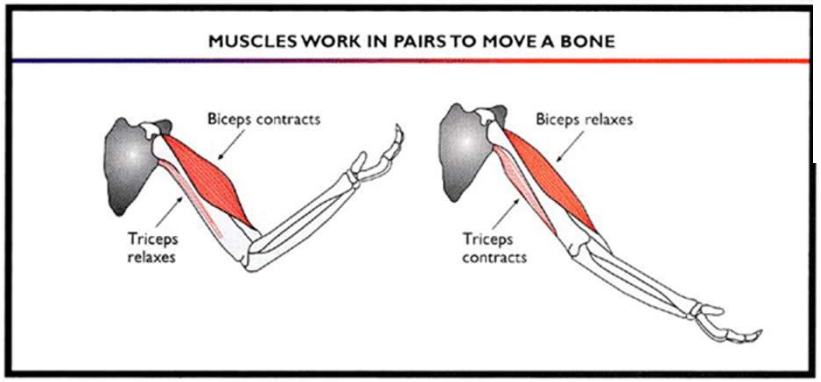
muscle	Attached to bones and allows them to move
tendon	Joins muscles to bones
joint	Allows skeleton to bend
ligament	Joins bones together
biceps	The muscle attached to the front of the upper arm bone
triceps	The muscle attached to the back of the upper arm bone
contract	To get smaller
relax	Used to describe a muscle when it goes back to its original size
antagonistic pair	A pair of muscles that work together to move a bone

Our skeleton is covered in muscle to allow us to move our bones. Muscles work in pairs

We have joints between bones in our skeleton to allow it to bend



Tendons attach muscle to bone

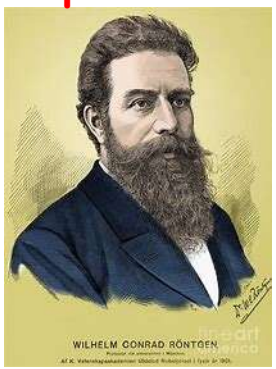


We get stronger as we grow

When we raise our arm, the biceps contracts and the triceps relaxes

When we lower our arm, the biceps relaxes and the triceps contracts

Super Scientist



Wilhelm Röntgen discovered X-rays in 1895. These show pictures of bones and are important to show when bones are broken