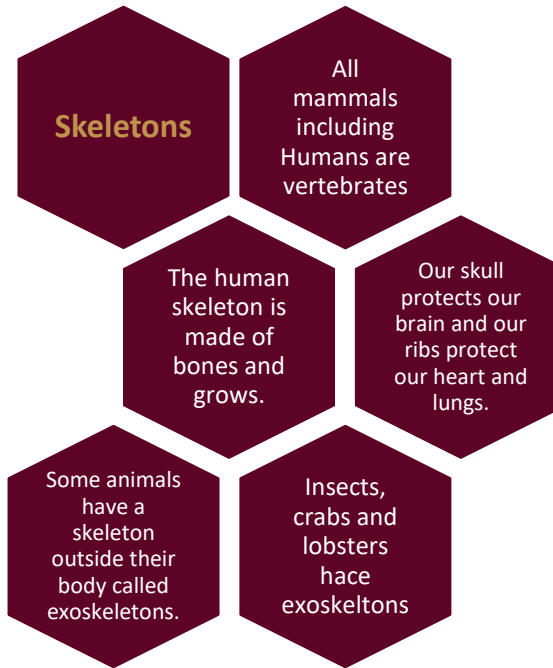
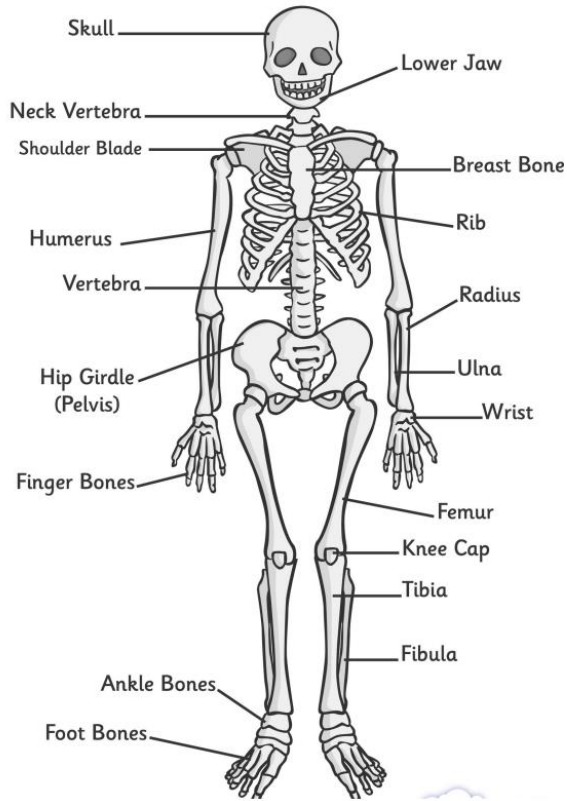




# Y3 Science – Nutrition and Skeletons

## The Human Skeleton



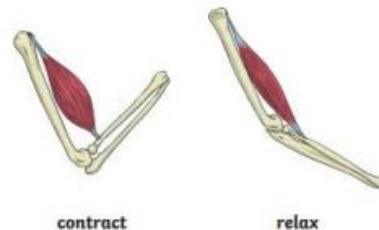
Vocabulary	
<b>Skeleton</b>	The framework of bones that supports and protects our body
<b>Vertebrate</b>	An animal with a backbone inside their body.
<b>Backbone (Spine)</b>	A column of small linked bones down the middle of the back.
<b>Muscle</b>	Muscles are soft tissue that move different parts of the body.
<b>Hygiene</b>	Keeping yourself and your surroundings clean in order to prevent illness or the spread of diseases.

### Joints

- The skeleton bends at joints such as knees and ankles. Joints are where two or more bones join together.

### Muscles

- Muscles are attached to the skeleton to help us move. They either contract or relax to move the bones.



**Balanced Diet**

<p><b>Carbohydrates</b></p> <p>Give us energy. They are found in bread, potatoes and pasta</p>	<p><b>Proteins</b></p> <p>Help our bodies repair themselves. They are found in foods such as fish, meat, nuts, seeds, eggs and cheese.</p>
<p><b>Fats</b></p> <p>Help us store energy for our bodies. They are found in foods such as butter, cheese and fried foods.</p>	<p><b>Fibre</b></p> <p>Is important for helping us digest our foods. It is found in fruit and vegetables.</p>