

KEY VOCABULARY

Energy – The property that gives us strength

Nutrition – Food needed for health and growth

Contract – When a muscle becomes smaller, shorter and tighter

Relax - One muscle relaxes as another tightens (pairs of muscles work together)

Carbohydrates – Types of food that give us energy, have sugar and starch in them such as pasta, bread and potatoes

Protein – Foods that helps us to repair and grow such as fish, chicken, pork and nuts

Fat – Oils, butter, spreads and animal fat which we should eat only a small amount of

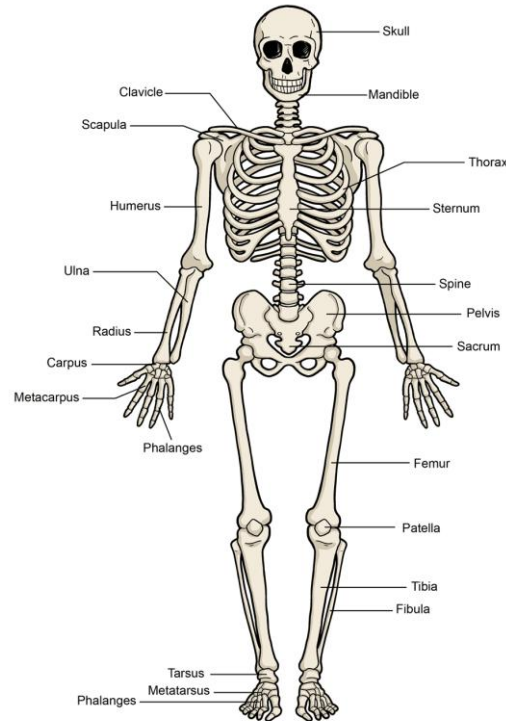
Muscles – Muscles are attached to our bones and help us to move

Skeleton – The frame that makes our body, adult humans have 206 bones, our skeleton supports and protects our organs

Digestion – What happens to our food after we swallow it, how it travels through our body and how we take goodness from it

Knowledge Organiser - Food, Nutrition, Skeletons and Muscles

The human skeleton



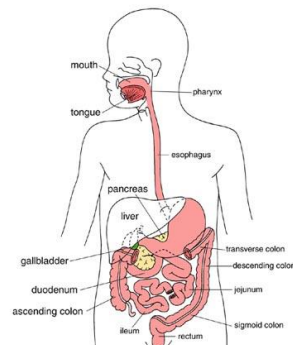
Human muscles



A healthy plate – 5 food groups



Human digestion – what happens to food after we swallow it



Muscles work together, when one contracts another relaxes

