





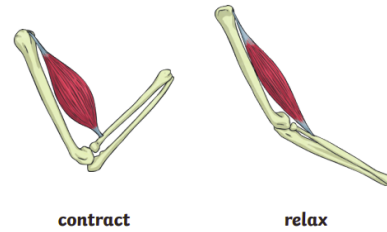


Year 3: What would a human, dog and snail look like with no skeleton?

Animals need the right amount of **nutrition** to stay **healthy**. This nutrition is found in the food they eat and is known as **nutrients**.

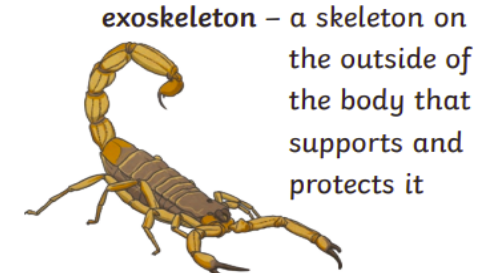
Nutrient	Found in...	How it benefits the body.
Carbohydrate		Provides energy.
Protein		Helps growth and repair.
Vitamins		Keep you healthy.
Minerals		Keep you healthy. Calcium is a type of mineral.
Fibre		Helps you digest the food that you have eaten.
Fat		Provides energy.



Bones and muscles work together to provide the body with **support** and **movement**.



Why do most animals have skeletons?



exoskeleton – a skeleton on the outside of the body that supports and protects it



Skeletons **protect** vital organs such as the brain, heart and lungs.



Article 24:

All children have the right to clean water and nutritious food.

- The day to day choices that you make with your diet affect your health.
- Everybody has an eating habit. These habits are your day to day food choices and routines. Positive eating habits result in a healthier lifestyle.
- Your education should help you to identify which food groups can be eaten regularly and which should be eaten occasionally, which is a **balanced diet**.

Vocabulary

bones	The hard part of an animal's frame.
joints	Where two bones connect.
muscles	Help the body to move.
protect	To keep something safe.
ribs	Bones that protect the heart and lungs.
skeleton	The frame of bones that support the body.
skull	The bone that protects the brain.
spine	The line of bones down the centre of the back.
sugar	Provides the body with rapid energy.
support	To hold something firmly.
water	A liquid all animals need to drink.

CRC Article 17:
All children have the right to find out information.

