






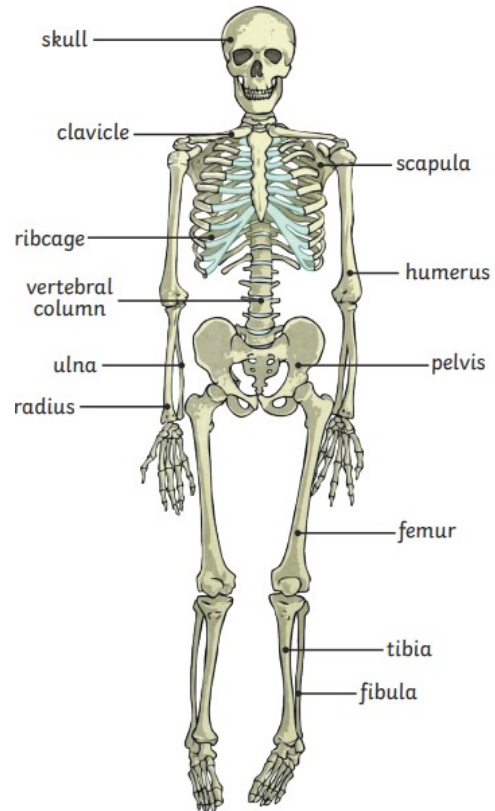









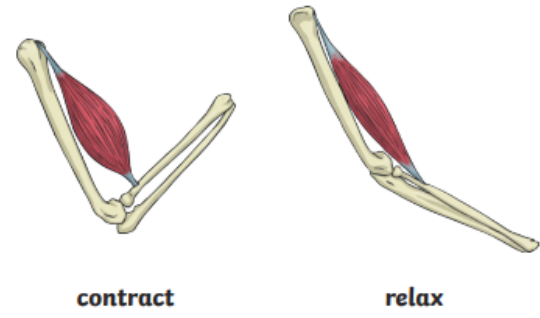
Movement and Feeding

Year 3 - Autumn 2

 healthy	In a good physical and mental condition.
 nutrients	Substances that living things need to stay alive and healthy.
 energy	Strength to be able to move and grow.
 saturated fats	Types of fat, considered to be less healthy, that should only be eaten in small amounts.
 unsaturated fats	Fats that give you energy, vitamins and minerals.
 muscles	Soft tissues in the body that contract and relax to cause movement.
tendons	Cords that join muscles to bones.
 joints	Areas where two or more bones are fitted together.



Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide energy
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide energy
vitamins		keep you healthy
minerals		keep you healthy
water		moves nutrients around your body and helps to get rid of waste



Skeletal muscles work in pairs to move the bones they are attached to by taking turns to contract (get shorter) and relax (get longer).