

Vocabulary Dozen

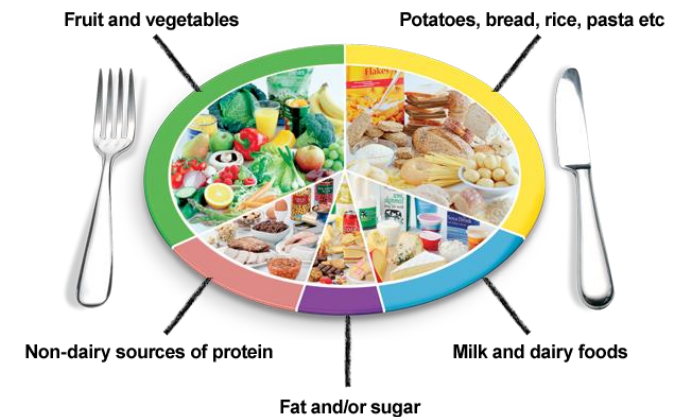
Vitamins	Vitamins and minerals are necessary for the healthy functioning of our bodies. We need vitamins and minerals to help us grow, to see correctly, to form bones, muscles, skin and organs, as well as to help us battle infections.	Vitamin D is essential for healthy bones
Minerals		Iron is a mineral important for carrying oxygen around the body in red blood cells.
Fibre	Fibre is the part of food you can't digest and is important to keep the intestines healthy.	Popcorn, berries, bran and crunchy vegetables are all full of fibre.
Fats	Fats are nutrients needed as a slow release energy supply and to keep you warm.	Fats are found in meat, fish, oils, nuts and some fruits, such as avocados.
nutrients	Nutrients are chemicals that your body needs to live and grow.	The key to a balanced diet is eating a good mixture of all the nutrients you need to stay healthy.
Carbohydrates	Carbohydrates release energy quickly.	Rice, pasta, root vegetables and bread are all good sources of carbohydrates.
proteins	Proteins are vital for growth and repair.	Milk, meat, fish, beans and nuts are all good sources of protein.
obesity	Obesity is a medical condition where somebody is so extremely overweight that their health is at risk.	People and animals become obese by regularly eating too much and not exercising enough.
oesophagus	The tube that carries food from the mouth to the stomach.	Food is pushed down the oesophagus to the stomach
enzyme	A chemical substance that helps reactions to occur in the body.	Saliva has enzymes in it to help break down food.
stomach	The organ in which acids and enzymes partially digest food.	Food is stored in the stomach.
intestine	The organs that break down food, absorb nutrients, and through which waste passes on its way out of the body.	Food travels from the stomach to the intestines.

Diagrams to show the amounts we should eat

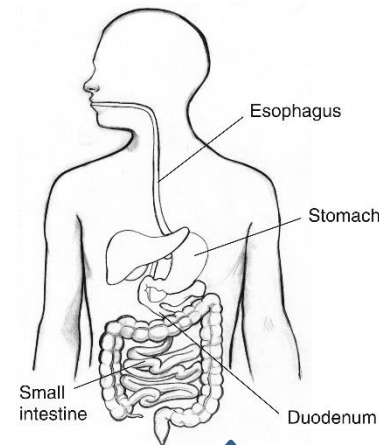
Animals including Humans -Year 3

Autumn 1

The eatwell plate



Parts of the digestive system



Diagrams to show examples of different vitamins and minerals



