

KEY VOCABULARY

carbohydrate Carbohydrates can be found in many foods — especially in a plate of pasta. They are a major source of energy.

vitamins Vitamins help our bodies grow and develop normally. The best way to get enough vitamins is to eat a balanced diet with a variety of foods.

minerals Minerals help our bodies develop and function. They are essential for good health.

proteins These are important so the body can grow, repair and build muscle.

exoskeleton An exoskeleton is a hard covering that supports and protects the bodies of some types of animals. The word exoskeleton means “outside skeleton.”

invertebrate Animals who don't have a bony skeleton are called invertebrates; insects, spiders and crabs are invertebrates.

contract When a muscle gets shorter.

fibre This lets food pass quickly through your body. It helps keep your digestive system in good working order.

skeleton This supports and protects the body, allowing it to move.

bones The hard parts inside your body which form your skeleton.

muscles These are attached to bones and help us move.

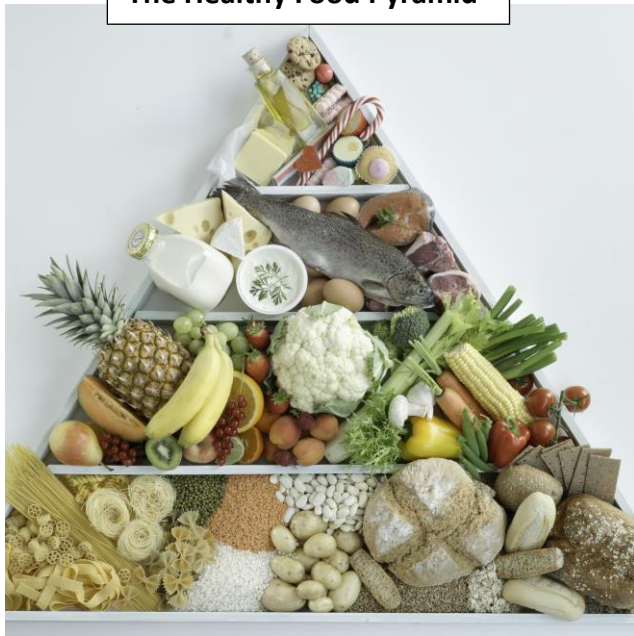
joints The place where two bones meet.

Bones in our legs support us and help us stand.

The bones and muscles in our legs help us move.

Muscles contract and extend to move our bones.

The Healthy Food Pyramid



KEY INFORMATION AND FACTS

