

Key vocabulary.

Nutrition - the process of taking in and using food.

Balanced diet - eating the right amounts of different foods to stay healthy.

Skeleton - the hard framework of bones inside the body.

Bones - hard parts of the skeleton that support and protect the body.

Muscles - soft body parts that help us move.



What foods help us grow and stay healthy?

Why is it important to eat a balanced diet?

What is the job of a skeleton?

How do bones protect our bodies?

How do muscles help us move?

Why do muscles and bones need to work together?

