

Food Groups

Categories in which food types are grouped



Fats

→ Used as a fuel source for our body

Proteins

→ Builds, maintains and replaces tissues in your body

Dairy

→ Contains milk products of animals, as well as eggs

Carbohydrates

→ Starchy food, the main source of energy for our body

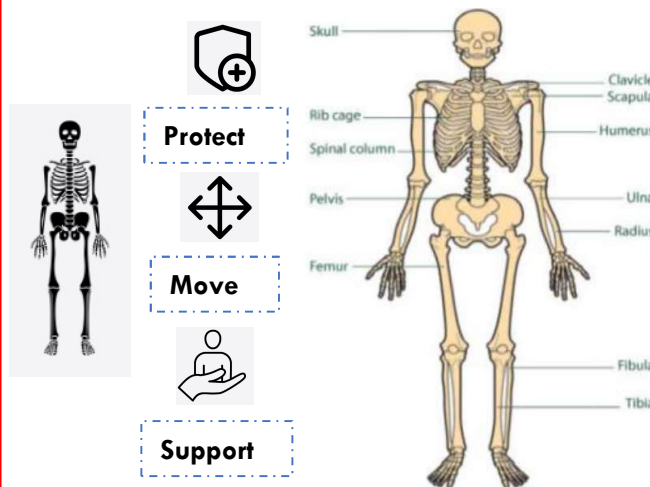
Fruits and Vegetables

→ From plants, containing vitamins our body needs

Healthy Eating

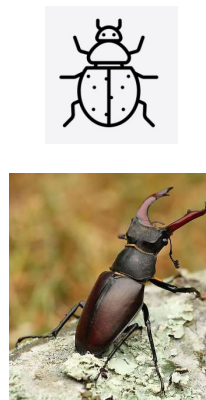
Eating a variety of foods to give you nutrients you need

Skeletons - Endoskeleton

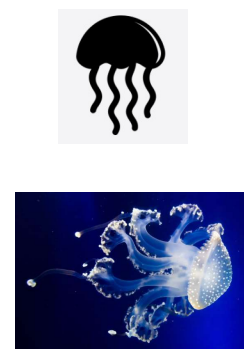


Skeletons - Invertebrates

Exoskeleton



Hydrostatic Skeleton



Protect

Move

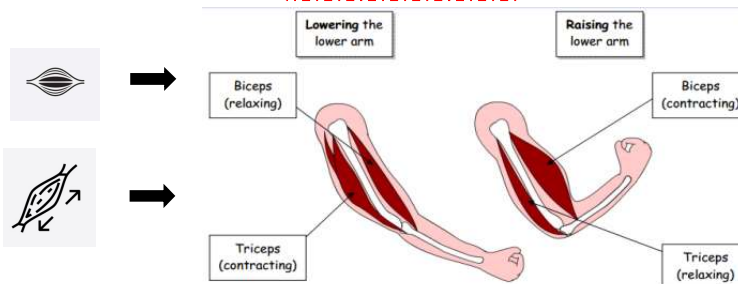
Support

Muscles

Contract



Relax



The tightening, shortening of a muscle.

The loosening, lengthening of a muscle.

Vocabulary Tier 2

energy
exercise
heartbeat
breathing



THINK IT.



LIVE IT.



BELIEVE IT.

Vocabulary Tier 3

skeleton
Bones
muscles
support
protect
move

skull
ribs
spine
muscles
joints