

Key Vocabulary

herbivore	An animal that eats plants.
omnivore	An animal that eats both plants and other animals.
carnivore	An animal that eats other animals.
balanced diet	When you eat the right amount of each food group to stay fit and healthy.
healthy	In a good physical and mental condition.
function	Job something does.

Key Knowledge



To help prevent tooth decay:

- ✓ Limit sugary food and drink.
- ✓ Brush your teeth twice a day with a fluoride toothpaste.
- ✓ Visit the dentist regularly.

Healthy Eating

We use our teeth to begin to break down our food so that we can use it in our bodies. To keep healthy we need a balanced diet with food from all the food groups. Each food group does a different job for us. We don't need the same amount of food from each group to keep fit and healthy – we need more from some than others.

Fruit and vegetables
– for vitamins, minerals and fibre.



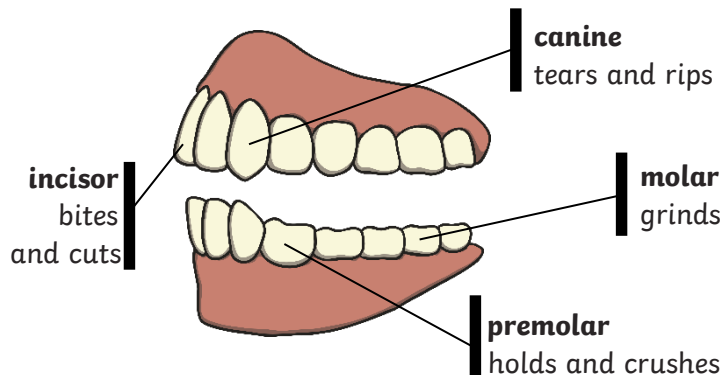
Carbohydrates
– for energy.

Protein – meat, fish, eggs, beans – for growing and repairing our bodies.

Fats and oils – for energy.

Dairy – for growing and repairing our bodies.

Human Teeth and Their Functions



Teeth look different in different animals depending on the kind of food they eat.

