Year 3– Nutrition and diet (Biology)

Factual Knowledge



- Humans need the correct types and amount of food.
- Humans get their nutrition from what they eat.
- Food can be sorted into five food groups – fruit and vegetables, carbohydrates, proteins, dairy products and alternatives and fats and sugars. All humans need a balanced diet that includes food from all five food groups.
- Fruit and vegetables provide the body with essential vitamins. Carbohydrates provide the body with energy. Proteins help with muscle growth and repair. Dairy products contain calcium, which is good for teeth and bones. Fats can be grouped into healthy and unhealthy fats
- Humans need to eat a healthy, balanced diet to maintain good health.
- Humans should eat a wide variety of foods and consume the right amount to maintain a healthy body weight.
- The Eatwell Guide shows how much of each food group we should eat to achieve a healthy and balanced diet.
- There are a variety of human diets including vegan, vegetarian, pescatarian and omnivorous diets.
- People who eat a vegan diet get protein from sources that are not animal products.
- Animals need the right type and amount of nutrition.
- They cannot make their own food. Instead, they get their nutrition from what they eat.
- Carnivores are animals that eat other animals. Herbivores are animals that eat plants. Omnivores are animals that eat other animals and plants.

Important vocabulary I will know

carbohydrates		found in foods such as bread, cereals, pasta and rice
proteins		found in foods such as eggs, beans, fish and meat
dairy products		food made from the milk of an animal
fats		found in foods such as avocados, oil, butter, fried food and nuts
sugars		substances used to make food and drinks sweet
balanced diet		a diet that fulfills a person's nutritional needs
balanced meal		a meal that has a wide variety of food in the correct proportions
nutrition		the process of taking in and using food
vegan diet		a diet that does not include meat or animal products
vegetarian diet		a diet that does not include meat but does include animal products such as cheese and eggs

<u>Scientific Enquiry</u>– Research

Enquiry question: What is a balanced diet and is it important?

<u>Working Scientifically</u>

- Gather, record and classify data
- Answer questions and make conclusions
- Present findings

