

Science Knowledge Organiser

Animals including humans (nutrition)

Yr 3

Main Foci: Biology

What should I already know?

- All animals need water, air and food to survive.
- The different ways in which humans can be healthy.
- Examples of healthy and unhealthy food choices.

What will I know by the end of the unit?

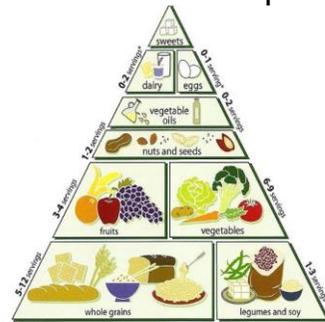
- Humans cannot make their own food like plants do - we need to eat plants and animals to get our energy.
- Healthy, balanced diets lead to healthy, active people.
- We will explore the 5 main groups of nutrients, foods that contain them and how they support our bodies. They will explore diets of different animals, compare and plan balanced meals. They will also explore food labelling and investigate sugar content in drinks.

What are the different food types?

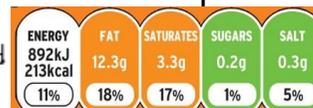
- Fruit and vegetables
- Bread, rice, potatoes, pasta and other starchy foods.
- Milk and dairy
- Oils and spreads
- Meat, fish, eggs, beans and other non-dairy sources of protein.

What are the different types of nutrients?

- Protein
 - help your body to grow and repair itself
 - examples include red meat, yogurt, beans
- Carbohydrates
 - give you energy
 - examples include bread, potatoes, pasta
- Fats
 - give you energy
 - examples include nuts, oils, avocados
- Vitamins
 - keep your body healthy
 - examples of foods high in vitamins include oranges, carrots and nuts
- Minerals
 - keep your body healthy
 - examples of foods high in minerals include milk, sweetcorn, spinach
- Fibre
 - helps you to digest the food that you have eaten
 - examples of foods high in fibre include wholegrain bread, cereals and lentils
- Water
 - helps to move nutrients in your body and get rid of waste that you don't need
 - examples of foods high in water include celery, cucumber, tomatoes



Other Lifestyle Recommendations: Daily Exercise, Water—eight, 8 oz. glasses per day, Sunlight—10 minutes a day to activate vitamin D



Vocabulary

balanced diet	a variety of food that you regularly eat
diet	the type and range of food that you regularly eat
disease	an illness which affects people, animals, or plants
energy	the ability and strength to do physical things
healthy	well and not suffering from any illness
hygiene	keeping yourself and your surroundings clean, especially in order to prevent illness or the spread of diseases
nutrients	substances that help plants and animals to grow
nutrition	the process of taking food into the body and absorbing the nutrients in those foods
starchy	foods that contain a lot of starch (a nutrient which gives you energy)

Nutrients	Which foods have them in	Why
Vitamins and Minerals	Apples, pear, bananas, orange - fruit Peas, carrots, cabbage, spinach - Vegetables Lettuce, tomatoes, cress, onion - salad	Healthy hair Healthy skin Body to function (blood, muscles, organs) Healthy teeth
Carbohydrates	Potatoes, bread, rice, pasta, cereal	Energy throughout the day
Carbohydrates	Biscuits, cakes, sweets	Immediate energy
Sugars	Chicken, beef, ham, bacon, lamb, fish- meat Milk, eggs, yogurt Beans, lentils, seeds, chickpeas, tofu Walnut, cashew, hazelnut - nuts	Body repair and growth Healthy teeth and hair
Protein	Milk, cheese, oil, butter, meat, nuts, avocado	energy
fats	Fruit, vegetables, cereals, wholegrain bread	Helps food pass through your body
Fibre	In most drinks, tap / fresh water	Helps to keep our temperature correct, replaces lost water from the body through exercise / sweating 70% of our body is made up from water so lost water needs replacing
Water		