



Nutrition and Diet

Statutory Requirements:

Identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat.

Working Scientifically:

- Talk about criteria for grouping, sorting and classifying (non-statutory).
- Using straightforward scientific evidence to answer questions or to support their findings.
- Reporting on findings from enquiries, including oral and written explanations, displays or presentations of results and conclusions.
- Identifying differences, similarities or changes related to simple scientific ideas and processes.

Key Vocabulary:

- carbohydrate
- protein
- dairy product
- fat
- sugar
- fruits and vegetables
- balanced diet
- balanced meal
- nutrition
- eat well guide
- vegan diet
- vegetarian diet
- pescatarian diet
- omnivorous diet
- diet
- herbivore
- carnivore
- omnivore

Key Scientists:



Contemporary David Jenkins

Led research in scoring foods according to according to how much it raised blood sugar levels.

Contemporary Ancel Keys

A physiologist who studied the influence of diet on health.



Key Learning Steps:

1. Food groups
2. Understand the 5 food groups
3. Balanced diet
4. Compare diets
5. Animal diets