



# Nutrition and Diet

Year 3

## Knowing More, Remembering More

### Remembering previous learning

What is a healthy diet? A healthy diet includes fruit, vegetables and other healthy food.

What is an unhealthy diet? An unhealthy diet is high in fat, sugar or salt.

How many portions of fruit and vegetables should you eat in a day? Everyone should have at least 5 portions of a variety of fruit and vegetables every day.

## In this unit children will:

- 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:

- 3.9 Recording findings using simple scientific language, drawings, labelled diagrams, bar charts, and tables.
- 3.10 Report on findings from enquiries, including oral and written explanations.
- 3.12 Use results, findings or observations to answer questions.
- 3.13 Make simple conclusions.

## Key Learning Steps:

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

## Key Scientists:

### Contemporary

David Jenkins led research in scoring foods according to how much it raised blood sugar levels.



### Contemporary

Ancel Keys A physiologist who studied the influence of diet on health.

## Key Vocabulary:

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

## Knowing More, Remembering More

### Knowing more in Y3

What are the 5 food groups? Fruit and vegetables, carbohydrates, proteins, dairy products and alternatives, fats and sugars.

What do fruit and vegetables provide the body with? Essential vitamins.

Which two food groups provide the body with energy? Fats and carbohydrates.

What do proteins help the body to do? They help the muscles to grow and repair.

What do dairy products do for the body? Dairy products contain calcium which is good for teeth and bones.

Are fats good for you? They can be grouped into healthy and unhealthy fats.

What is a balanced diet? A diet that gives a person everything they need to stay healthy.

What is a balanced meal? A meal that has the right amount of food from the food groups.

What do people who follow a vegan diet eat/ not eat? They do not eat meat or animal products.

What do people who follow a vegetarian diet eat/ not eat? They do not eat meat but they do eat animal products such as eggs and cheese.

What do people who follow a pescatarian diet eat? They eat fish but no other meat products.

What is an omnivorous diet? A diet that includes all food types.

Can animals make their own food? No, they get their nutrition from what they eat.