








What should I already know

- All animals need water, air and food to survive.
- The different ways in which humans can be healthy.
- Describe the importance for humans of eating the right amounts of different types of food.
- Describe how animals obtain their food from plants and other animals, and identify and name different sources of food.

What I will learn in this unit.

- Animals, including humans, need the right types and amount of nutrition to survive.
- Nutrition is when we eat food to give us energy.
- Adults and children need lots of energy to help them keep moving and keep their bodies healthy!
- Children also need food to help them grow.
- Animals, including humans, cannot make their own food. Humans grow, gather or hunt food and Animals hunt, forage or graze.
- Animals, including humans get nutrition from the food that they eat.

Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide energy
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide energy
vitamins		keep you healthy
minerals		keep you healthy
water		moves nutrients around your body and helps to get rid of waste

- Different types of food gives us different **nutrients**. Most foods contain more than one nutrient.

Working scientifically

We will ask and answer our own questions about the human body and diet through **classifying, pattern-seeking** investigations and by carrying out **research** using secondary sources.



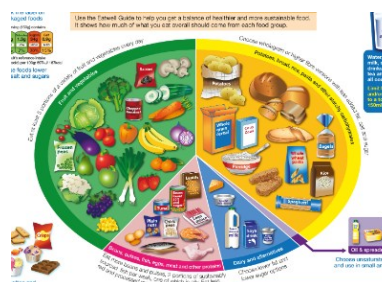
Year 3 Science

Autumn 1

Nutrition and diet

Sustainability

Links—Food waste.



The Eatwell Plate shown below is a guide to help show us how much of each type of food we should eat.



Vocabulary

Word	Definition
Food waste	Food that is safe to eat but is thrown away instead
Healthy	To be in a good physical and mental condition
Energy	strength to be able to move and grow
Balanced diet	a diet that fulfils a person's nutritional needs
Pescatarian diet	a diet that includes fish but no other meat product
Vegetarian diet	a diet that does not include meat but does include animal products such as cheese and eggs
Omnivorous diet	a diet that includes all food types
Nutrient	substance that is needed for healthy growth, development, and functioning
Diet	the food that an animal needs to survive
Landfill	An area or site where waste materials are disposed of. The waste is often buried underneath the ground.



Stop Food Waste

