Science	Year: 3	Unit 1: Diet & Nutrition	Links to: Y1 Animals, including humans

What I Should 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

Subject Vocabulary:

Fair Test - A **fair test** is a **test** which controls all but one variable when attempting to answer a scientific question. Only changing one variable allows the person conducting the **test** to know that no other variable has affected the results of the **test**.

Unit Specific Vocabulary:

Allergy— when you cannot eat or use something as it makes you ill

balanced diet— a variety of food that you regularly eat

Composite food—one food item made using different food groups

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

portion— a suggested amount of each food to be eaten

Vegan—a person who does not eat or use anything from animals

Vegetarian—a person not eating meat

Key Facts :

What are the different kinds of nutrients found in our food?

Protein - helps your body to grow and repair itself. Examples include red meat, yogurt and beans

Carbohydrates—give you energy. Examples include bread, potatoes, pasta

Fats—give you energy. Examples include nuts, oils, and 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 vitamins 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 and tomatoes.

eatwell guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Choose foods lower in fat, salt and sugars.

Eat at least five portions of a variety of fruit and vegetables every day.

Fruit and vegetables

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates

Fluids

Water, lower fat milk, sugar-free drinks, including tea and coffee, all count. Limit fruit juice and/or smoothies to a total of 150ml a day.

Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, two portions of sustainably sourced fish per week, one of which is oily.

Dairy and alternatives

Choose lower fat and lower sugar options

Oil and spreads

Choose unsaturated oils and use in small amounts.

Foods high in fat, salt, sugar

Eat and drink less often and in small amounts.

Per day   2000 kcal   2500kcal = ALL FOOD + ALL DRINKS

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g	Saturates 1.3g	Sugars 34g	Salt 0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal