



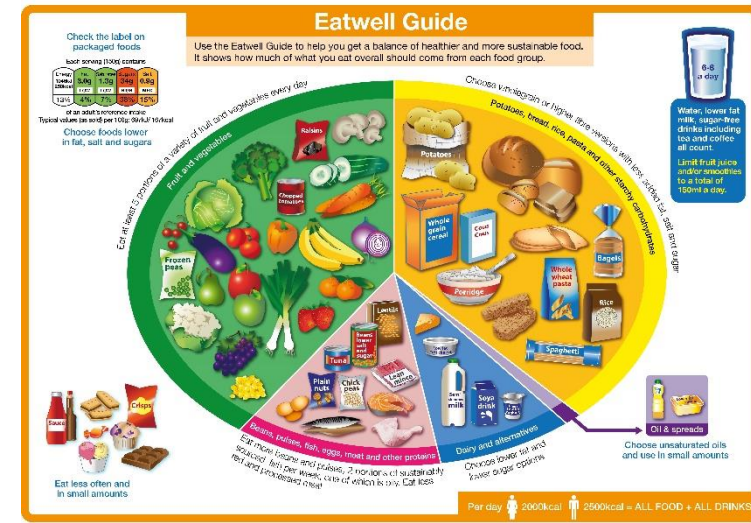
Science Knowledge Organiser - Year 3 Diet and Nutrition

KEY VOCABULARY

carbohydrate	Food such as bread, cereals, pasta and rice. Provide the body with energy.
protein	Food such as eggs, beans, fish and meat. Helps the body to build and repair muscles.
dairy product	Food made from the milk of an animal. Dairy can help young children to form healthy bones and teeth.
fat	Food such as avocados, oil, butter, fried food and nuts. Healthy fats provide energy whilst unhealthy fats can cause weight gain if eaten too often.
sugar	A substance used to make food and drinks sweet.
fruit and vegetables	Provide the body with vitamins and minerals.
balanced diet	A diet that fulfills a person's nutritional needs.
balanced meal	A meal that has a wide variety of food in the correct proportions.
nutrition	Taking in and using food to keep the body healthy.
vegan diet	A diet that does not include meat or animal products.
vegetarian diet	A diet that does not include meat but does include animal products such as cheese or eggs.
Pescatarian diet	A diet that includes fish but no other meat products.
omnivorous diet	A diet that includes all food types.

Factual knowledge

- Humans need the right types and amount of food.
- Humans get their nutrition from what they eat.
- Food can be sorted into five food groups - fruit and vegetables, carbohydrates, protein, dairy and alternatives and fats and sugars.



diet - the food a living thing needs

carnivore - an animal that eats other animals



herbivore - an animal that eats plants

omnivore - an animal that eats other animals and plants

