


Nutrition
Science Knowledge Organiser Year 3 Term 3



Key Questions

- What is a balanced diet?
- How much of each food group should I eat?
- Why do we need nutrients?



What I should already know








- I have identified and named a variety of common animals that are carnivores, herbivores and omnivores.
- I have noticed that animals, including humans, have offspring which grow into adults.
- I have found out about and described the basic needs of animals, including humans, for survival (water, food and air).
- I have described the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

What I will know by the end of the unit

- I will identify that animals, including humans, need the right types and amount of nutrition.
- I will understand that animals cannot make their own food like plants, they get nutrition from what they eat.


Key Vocabulary

carnivore – animals that only eat meat.
herbivore – animals that only eat plants.
omnivore - animals that eat both meat and plants.
dairy - a type of food produced from or containing milk.
calcium – a mineral found in dairy products that helps keep bones strong and healthy.
nutrition - the process of providing or obtaining the food necessary for health and growth.
nutrients – substances that animals need to stay alive and healthy.
sugars – sweet-tasting food that provides quick release energy.

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

Key People


Adelle Davis (1904 – 1974) was an American author and nutritionist, considered "the most famous nutritionist in the early to mid-20th century." She was as an advocate for improved health through better nutrition.



Scientific Enquiry

During this unit I will:

- Ask relevant questions.
- Answer questions by gathering, recording, classifying and presenting data in a variety of ways.



Useful web links:

<https://www.bbc.co.uk/bitesize/topics/zy66fg8>