

# Oughterside Foundation School - Science

## Topic: Animals including humans (nutrition)

Year: 3

Strand: Biology

### What should I 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.

### What will I know by the end of the unit?

- Humans cannot make their own food like plants do - we need to eat plants and animals to get our **energy**.
- Healthy, **balanced diets** lead to healthy, active people.

What are the different food types?

- Fruit and vegetables
- Bread, rice, potatoes, pasta and other **starchy** foods.
- Milk and dairy
- Oils and spreads
- Meat, fish, eggs, beans and other non-dairy sources of protein.

What are the different types of **nutrients**?

- Protein
  - help your body to grow and repair itself
  - examples include red meat, yogurt, beans
- Carbohydrates
  - give you energy
  - examples include bread, potatoes, pasta
- Fats
  - give you energy
  - examples include nuts, oils, 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, tomatoes

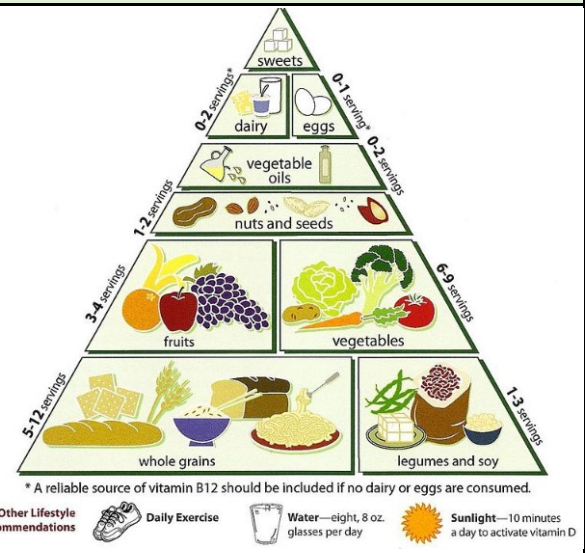
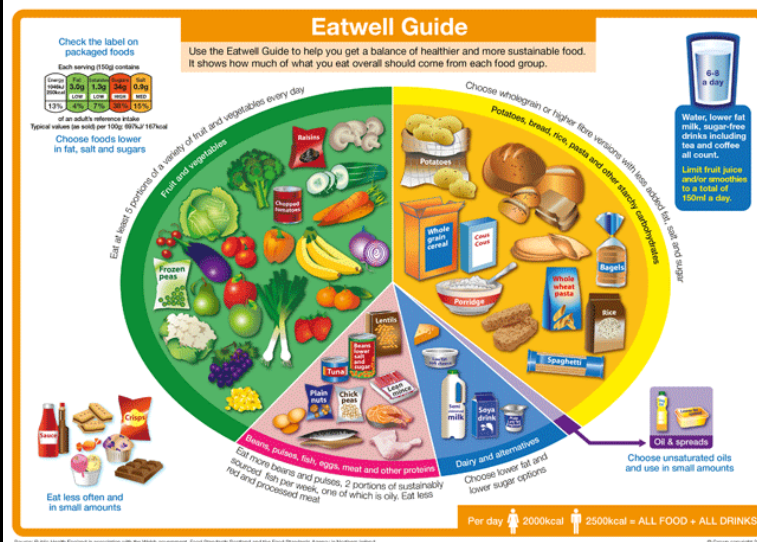
### Investigate!

- Compare and contrast the diets of different animals (including their pets) and decide ways of grouping them according to what they eat.
- Research how different foods contribute to a varied **diet**.
- Design meals based on your research.
- Learn about how to prepare food **hygienically**.
- Prepare a presentation about the benefits of healthy eating.
- Write a persuasive advert for healthy foods.
- Know that some people keep different **diets** for medical, religious and ethical reasons.
- Describe what happens if one part is missing from a **balanced diet** and how some groups of people (e.g. vegetarians) may compensate for that.

### Vocabulary

balanced diet	a variety of food that you regularly eat
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 <b>diseases</b>
nutrients	substances that help <b>plants</b> and animals to grow
nutrition	the process of taking food into the body and absorbing the <b>nutrients</b> in those foods
starchy	foods that contain a lot of starch (a <b>nutrient</b> which gives you <b>energy</b> )

### Diagrams



# Oughterside Foundation School - Science

**Topic: Animals including humans (nutrition)**

**Year: 3**

**Strand: Biology**

Question 1: What is the best for people to help have healthy diets?	Start of unit:	End of unit:
not eat sugary foods		
eat a variety of foods		
not eat foods that contain fat or oil		
eat only fruit		

Question 3: Write T or F next to each of these statements to indicate if they are true or false.	Start of unit:	End of unit:
having a balanced diet will help my bones get stronger		
having a balanced diet will help give me the nutrients I need		
having a balanced diet means I do not need to exercise		
I must not eat any sweets if to have a balanced diet.		

Question 2: Give one <b>other</b> way of keeping healthy other than eating a balanced diet.	Start of unit:	End of unit:

Question 4: Give an example of a food high in water.	Start of unit:	End of unit:

Question 4: Give an example of a food which contains high levels of each of the following.	Start of unit:	End of unit:
protein		
carbohydrates		
healthy fats		
vitamins		
minerals		
fibre		

# Oughterside Foundation School - Science

**Topic: Animals including humans (nutrition)**

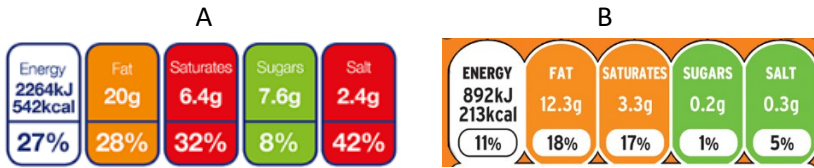
**Year: 3**

**Strand: Biology**

Question 6: These food label appear on two similar foods. Which is healthier for you? How do you know?

Start of unit:

End of unit:



Question 7: Match these groups of foods to the benefits they bring the body.

Start of unit:

End of unit:

proteins

help you digest food

carbohydrates

give you energy

fats

keep your body healthy

vitamins

give you energy

minerals

help your body to grow and repair itself

fibres

keep your body healthy

water

helps carry the nutrients around the body

Question 8: Give an example on how to prepare food hygienically.

Start of unit:

End of unit:

Question 9: Give an example where somebody may have to keep a different diet.

Start of unit:

End of unit:

## Oughterside Foundation School - Science

**Topic: Animals including humans (nutrition)**

**Year: 3**

**Strand: Biology**

Question 10: Look at this example of the Eatwell guide plate that is blank. Can you complete it with examples of what you may find in each section?

Start of  
unit:

End of  
unit:

