



## Topic: Animals including Humans- Nutrition

## KS2 - Year 3

### What should I already know?

- The parts of the human body and what they do.
- There are five types of vertebrates (mammals, fish, reptiles, amphibians, birds)
- Vertebrates are animals that have a backbone.
- Invertebrates are animals that do not have a backbone.
- All animals need water, air and food to survive.
- The different ways in which humans can be healthy.
- Food chains.

### Diagrams

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

### Important Facts

**BALANCED DIET** - Unlike plants, humans do not make their own energy so they need to eat to get energy. In order to be healthy we need to eat a balanced diet with more of some things and less of others.

**PROTEIN** – required for growth and repair of our bodies. Found in meats, poultry, fish, dairy products, eggs and beans.

**CARBOHYDRATES** – provide energy for the body. Found in grains, cereals, potatoes, bread, pasta and in some fruits and vegetables.

**FATS** – provide energy and help with building our bodies. Found in dairy products, red meats and some poultry and fish.

**FIBRE** – Help you digest your food. Found in cereals, fruit and bread.

**ANIMALS**– Recognise that different animals need a different percentage of each food group for different reasons.

### Vocabulary

**Consumers** – living things that eat other living things to get energy

**Diet** – the foods that a person, animal or community habitually eat

**Energy** – the property that gives us strength of body or mind to do things or work

**Healthy** – in good physical

**Nutrients**- substances that animals need to stay alive and healthy

**Nutrition** – the process of providing or obtaining the food necessary for health and growth

**Saturated fats**- types of fats, considered to be less healthy, that should only be eaten in small amounts

**Unsaturated fats**- fats that give you

**Vitamins** – substances found in foods that keep you healthy

*A Balanced Plate*

Investigate

- |  |  |  |
|--|--|--|
|  |  | <ul style="list-style-type: none"><li>• Investigate the nutritional values on common food packages.</li><li>• Demonstrate how much sugar is in common drinks.</li><li>• Observe their own diet and keep a food diary to check if they are having a balanced diet.</li><li>• Recognise the differences in animals' diets.</li><li>• Recognise animals diets based on the nutrient needs from the different food groups.</li></ul> |
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Question 1: Tick all the nutrients in the list below.	Start of unit:	End of unit:
vitamins		
sugar		
carbohydrates		
protein		
vegetables		

Question 2: Label the food groups on the pie chart.	Start of unit:	End of unit:
<p>plate</p>		

Question 3: Which food group does bread belong to?	Start of unit:	End of unit:
Fats and Sugars		
Grains, cereals and potatoes		
Dairy		

Question 4: Name one reason why animals and humans need food.		Start of unit:	End of unit:
Start of unit:			
End of unit:			

Question 5: Which type of fat is bad for you?	Start of unit:	End of unit:
Saturated fats		
Unsaturated fats		

Question 6: Why are carbohydrates important for our diets?		Start of unit:	End of unit:
Start of unit:			
End of unit:			

Question 7: Fill in the missing nutrient or function of the nutrient.		Start of unit:	End of unit:
	Helps us digest food		
Water			
	Repairs our bodies		

Question 8: How much water does a child need each day from food and drinking?	Start of unit:	End of unit:
1.5 litres		
0.5 litres		
5 litres		

Question 9: What do humans need more of compared to animals? Explain why.		Start of unit:	End of unit:
Start of unit:			
End of unit:			
Question 10: Identify a food group that a specific animal needs more of compared to humans? Explain why.		Start of unit:	End of unit:
Start of unit:			
End of unit:			

