

Caroline Haslett Primary School - Science Topic: Animals Including Humans Year 3

What should I already know?	
<ul style="list-style-type: none"> 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?	
<ul style="list-style-type: none"> 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?	<ul style="list-style-type: none"> 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?	<ul style="list-style-type: none"> Protein <ul style="list-style-type: none"> help your body to grow and repair itself examples include red meat, yogurt, beans Carbohydrates <ul style="list-style-type: none"> give you energy examples include bread, potatoes, pasta Fats <ul style="list-style-type: none"> give you energy examples include nuts, oils, avocados Vitamins <ul style="list-style-type: none"> keep your body healthy examples of foods high in vitamins include oranges, carrots and nuts Minerals <ul style="list-style-type: none"> keep your body healthy examples of foods high in vitamins include milk, sweetcorn, spinach Fibre <ul style="list-style-type: none"> helps you to digest the food that you have eaten examples of foods high in fibre include wholegrain bread, cereals and lentils Water <ul style="list-style-type: none"> 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!
<ul style="list-style-type: none"> 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 diseases
nutrients	substances that help plants and animals to grow
nutrition	the process of taking food into the body and absorbing the nutrients in those foods
starchy	foods that contain a lot of starch (a nutrient which gives you energy)

Diagrams

Eatwell Guide

Check the label on packaged foods. 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.

Each serving (100g portion) of an adult's recommended daily intake:

- Energy: 2000 kcal
- Carbohydrate: 300g
- Protein: 55g
- Fat: 65g
- Salt: 6g
- Sugar: 90g

Typical values are listed per 100g (kcal/100kcal)

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day

Choose wholegrain or higher fibre versions when available for all and for you

Water: lower fat milk, sugar-free drinks (including tea and coffee) all count. Limit total alcohol consumption to a small or no amount a day.

Other Lifestyle Recommendations: Daily Exercise, Water—eight, 8 oz. glasses per day, Sunlight—10 minutes a day to activate vitamin D

Per day: 2000kcal (men), 2500kcal (women) + ALL FOOD + ALL DRINKS

Pyramid diagram showing food groups and their recommended servings:

- sweets: 0.1 servings
- dairy: 0.2 servings
- eggs: 0.2 servings
- vegetable oils: 0.2 servings
- nuts and seeds: 1.2 servings
- fruits: 3-4 servings
- vegetables: 6-9 servings
- whole grains: 5-12 servings
- legumes and soy: 1-3 servings

* A reliable source of vitamin B12 should be included if no dairy or eggs are consumed.

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