



KEY VOCABULARY

Food	What people and animals eat to survive.
Growth	Increasing, developing or maturing.
Activity	Doing something with energy.
Healthy	In a good physical or mental condition
Unhealthy	Not in a good physical or mental condition.
Nutrition	The study of food and how it works in your body.
Exercise	Activity requiring physical effort, carried out to improve health and fitness.
Balanced Diet	A diet composed of different types of foods with good amounts of nutrition.
Carbohydrate	Sugars and starches which are found in foods like rice, bread and cereals.
Protein	A nutrient found in food.
Sugar	A sweet material which is found in lots of foods.
Starch	Starch is a substance in carbohydrates that gives our body energy.
Fats	A major storage form of energy in the body.
Balance	Having the right amount, not too much or too little.

Key Facts

- Animals including humans need to eat the right types and amount of nutrition. They cannot make their own food.
- The Eat Well Plate gives us a guide of what the food groups are and how much we should have in our meals. Children to know and understand the food groups.
- Some animals are carnivores (only eat meat), some are herbivores (only eat plants) and some are omnivores (eat both meat and vegetables).
- Humans have different diets, they can be omnivores, pescatarian, vegetarians or vegans.
 - It's important we brush our teeth everyday so we protect the enamel and they don't rot from sugar, acid and salt.
 - It's important that we exercise regularly to make sure we are healthy. When we eat the food has calories, when we exercise we burn calories. It's important that we put energy into our body and we use up our energy too

LINKS IN THE CURRICULUM:

- Year 1 - Animals including humans
- Year 2 - Exercise and food
- Year 4 - Food digestion and oral hygiene

Working Scientifically

- By comparing and contrasting the diets of different animals (including their pets).
- By deciding ways of grouping them according to what they eat.
- By researching different food groups how they keep us healthy.
- By designing meals based on what they find out.

