

Autumn 2 - Healthy Humans

Key Knowledge/ Interesting facts	Topic Specific	Vocabulary	Definition
There are 5 main food groups - carbohydrates, protein, milk, fruit and vegetables and fats and sugars	<p>Food Groups</p> <p>Fruit and Vegetables These are good sources of vitamins and minerals and fibre. Aim to eat 5 portions a day! Choose from fresh, frozen, tinned, dried or juiced. Fruit juice and/or smoothies should be limited to no more than a combined total of 150ml per day.</p> <p>Proteins Proteins such as beans, pulses, fish, eggs, meat are very important for helping us grow and build muscles. Beans and pulses are a good alternative to meat as they contain less fat and are higher in fibre and protein. Try to eat 2 portions of fish a week, and try to reduce intake of red and processed meat.</p> <p>Oil and Spreads Choose unsaturated oils and spreads and use in small amounts. Eat sparingly.</p> <p>Carbohydrates Starchy foods such as potatoes, bread, rice, pasta and cereals should make up just over a third of the food you eat. These are important for giving us energy. Choose higher-fibre, wholegrain varieties, such as wholewheat pasta and brown rice, or simply leave skins on potatoes.</p> <p>Dairy and Alternatives These are a source of calcium which is important for strong teeth and bones. Choose lower fat and sugar options.</p> <p>Food and Drinks High in Fat and / or Sugar Eat less often and in small amounts.</p>	Growth	The process of increasing in size.
Carbohydrates provide energy. (Bread, pasta, potatoes)		Activity	Busy or vigorous action or movement
Proteins help with growth and repair. (Meat, eggs and fish)		Healthy	In a good physical or mental condition
Fibre helps digest the food that you've eaten. (wholegrain cereal, nuts, bread)		Unhealthy	Not in a good physical or mental condition.
Fats provide energy. (nuts, butter, oil)		Nutrition	The process of providing food necessary for health and growth
Vitamins keep you healthy (oranges, carrots, meat, nuts).		Nutrients	Substances that animals need to stay alive and healthy.
Minerals keep you healthy (milk, corn, salt).		Balanced diet	A diet consisting of different types of food, providing adequate amounts of nutrients.
Water moves nutrients around your body and helps to get rid of waste.		Saturated Fat	Types of fats, considered to be less healthy.
.Living things need food to grow and to be strong and healthy.		Unsaturated Fat	Fats that give you energy, vitamins and minerals.
Animals, including humans, need food, water and air to stay alive.		Exercise	Activity requiring physical effort, carried out to sustain or improve health and fitness.
	Links		
	<ul style="list-style-type: none"> - Food groups and proportions - Design a balanced meal - Sugar content in drinks - Comparison of animal diets. - Oral hygiene - Creating a balanced and healthy sandwich - Joe Wicks - Body Coach 		
	Curriculum Links		
	<ul style="list-style-type: none"> Year 1 - Growth and green fingers. Year 2 - The Farm Shop. Year 4 - Hunted Year 5 - Food, Glorious Food! Year 6 - Heroes and Villans. 		
	WOW for Topic		
	Creating own sandwich	Portion	A part of a whole.
		Energy	Power that is translated into motion.