

## Key Vocabulary:

**Carbohydrates** – found in foods such as bread, cereals, pasta and rice. Provide the body with energy.

**Proteins** – found in foods such as eggs, beans, fish and meat. Helps the body to build and repair muscles.

**Dairy products** – food made from the milk of an animal. Can help to maintain health bones and teeth.

**Fats** – found in foods such as avocados, oil, butter, fried food and nuts. Healthy fats provide energy.

**Sugars** – substances used to make food and drinks sweet

**Fruit and vegetables** – provide the body with vitamins and minerals

**Balanced diet** – a diet that fulfils a person's nutritional needs.

**Balanced meal** – a meal that has a wide variety of food in the correct proportions.

**Nutrition** – the process of taking in and using food.

## Holy Family Halewood

Year 3/4 Science

Nutrition and Diet

## Learning Objectives:

- To understand that food can be sorted into five food groups – fruit and vegetables, carbohydrates, proteins, dairy products (and alternatives) and fats and sugars.
- To know that a variety of different foods are needed for a balanced diet and that it is also important to eat the correct amount of each food group.
- To understand that humans have different diets depending on their food choices, and that it is possible to have a balanced diet without eating animals or animal products.
- To use the terms “carnivore”, “herbivore” and “omnivore” to differentiate between different animals’ dietary needs.
- To understand simple negative impacts of food waste and suggest ways food waste can be reduced in school.

**herbivore** – an animal that eats plants



**carnivore** – an animal that eats other animals



**omnivore** – an animal that eats other animals and plants



**Omnivorous diet** – a diet that includes all food types



**Vegan diet** – a diet that does not include meat or animal products



**Vegetarian diet** – a diet that does not include meat but does include animal products such as cheese and eggs



**Pescatarian diet** – a diet that includes fish but no other meat products

**Eatwell Guide** – a guide to help people eat a balanced diet

