

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

