Year 3 Science Biology: Nutrition, Diet and Food Waste

What we already know

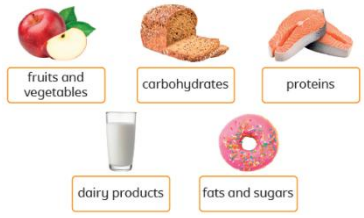
In year 1 we looked at parts of the human body and how they connect to one another. We also looked at how we look after our body in year 2 and what animals including humans need to survive. In year 3 we have looked at the skeleton and its three functions and how muscle and joints aid movement.

Vocabulary

Tier 1	Tier 2	Tier 3
Healthy, balanced, diet, food groups, food chain.	Protein, carbohydrates, fruit and vegetables, dairy and alternatives, fats.	Nutrients, minerals, vitamins, environment

Food Groups

- Humans need the correct types and amount of food.
- Humans get their nutrition from what they eat.
- Food can be sorted into five food groups – fruit and vegetables, carbohydrates, proteins, dairy products and alternatives and fats and sugars.



Understanding Food Groups

- Fruit and vegetables provide the body with essential vitamins.
- Carbohydrates provide the body with energy.
- Proteins help with muscle growth and repair.
- Dairy products contain calcium, which is good for teeth and bones.
- Fats can be grouped into healthy and unhealthy fats.

Balanced Diets

- Humans need to eat a healthy, balanced diet to maintain good health.
- Humans should eat a wide variety of foods and consume the right amount to maintain a healthy body weight.
- The Eatwell Guide shows how much of each food group we should eat to achieve a healthy and balanced diet.



Food Waste

- Food waste is food that is safe to eat but is thrown away instead.
- A lot of food waste and food remains end up in landfill sites, where they rot and have negative impacts on the planet.
- Food waste is food that is thrown away, even when it is safe to eat.
- There are different ways that food waste can be reduced.



What next?

In Y4 we will be learning about food chains and will learn about the different habitats that the animals come from.