

Year 3: What does a healthy diet look like?

Subject Specific Vocabulary		Interesting Book	Sticky Knowledge about nutrition.
Nutrition	Nutrition is the process by which the body nourishes itself by transforming food into energy and body tissues.		
Vitamins and minerals	These keep our bodies healthy.		
Protein	Foods that help growth and repair.	A Scientist just like me	☐ Keeping healthy means caring for your body so you have enough energy to learn, play and grow.
Carbohydrates	Carbohydrates are sugars (such as fructose, glucose, and lactose) and starches, which are found in foods such as starchy vegetables, grains, rice, breads, and cereals.		☐ All foods contain nutrients which your body needs to stay active throughout the day. Some foods have more nutrients than others.
Unsaturated fats	Fats that give you energy, vitamins and minerals.		
Saturated fats.	Types of fats, that are considered to be less healthy, that should be eaten in small amounts.	Important facts to know by the end of the circulatory system topic:	
Balanced diet	Our bodies need a balanced diet to work properly. This involves drinking enough water and eating healthily.	• Identify that animals, including humans, need the right types and amount of nutrition. • Know that animals cannot make their own food; they get nutrition from what they eat. • Identify different food groups. • Know and be able to compare the diets of different animals.	☐ Everyone should have their '5 a day' – this means five portions of fruit and vegetables, to get the right amount of nutrients.
Fibre	Helps you to digest the food you have eaten.		☐ It's important not to eat too much sugar and salt: sugary foods are bad for your teeth and can be fattening, and salty foods can lead to heart disease.
Water	Moves nutrients around your body and help to get rid of waste.		