


# Year 3/4: Animals and Humans (Nutrition)

Subject Specific Vocabulary		Eatwell Guide	Sticky Knowledge about nutrition
<b>balanced diet</b>	A variety of food that you regularly eat.		<input type="checkbox"/> Protein helps your body to grow and repair itself. Examples include red meat, yoghurt and beans.
<b>diet</b>	The type and range of food that you regularly eat		<input type="checkbox"/> Carbohydrates give you energy. Examples include bread, potatoes and pasta.
<b>disease</b>	An illness which affects people, animals or plants.		<input type="checkbox"/> Fats give you energy. Examples include nuts, oils and avocados.
<b>energy</b>	The ability and strength to do physical things.		<input type="checkbox"/> Vitamins keep your body healthy. Examples of foods high in vitamins include oranges, carrots and nuts.
<b>healthy</b>	Well and not suffering from any illness.		<input type="checkbox"/> Minerals keep your body healthy. Examples of foods high in minerals include milk, sweetcorn and spinach.
<b>nutrients</b>	Substances that help plants and animals to grow.	<p><b>Important facts to know by the end of the Animals and Humans topic:</b></p> <ul style="list-style-type: none"> <li>• Animals including humans need the right types and amounts of nutrition.</li> <li>• Animals and humans cannot make their own food; they get nutrition from what they eat.</li> <li>• Healthy, balanced diets lead to healthy, active people</li> </ul>	<input type="checkbox"/> Fibre helps you to digest the food that you have eaten. Examples of food highs in fibre include wholegrain bread, cereals and lentils.
<b>saturated fats</b>	Types of fats, considered to be less healthy, that should only be eaten in small amounts.		<input type="checkbox"/> Water helps to move nutrients in your body and get rid of waste that you don't need.
<b>unsaturated fats</b>	Fats that give you energy, vitamins and minerals.		