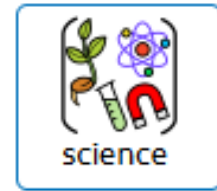


Science – Year 3 – Nutrition and diet



1. To categorise food into different food groups.	2. To identify the 5 main food groups and the effects they have on the body.	3. To explore and design a balanced diet to maintain good health.	4. To explore and compare different diets.	5. To investigate and compare the diet of different animals.
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carbohydrates	Found in foods such as breads, cereals, pasta and rice that provide the body with energy	carbohydrates
proteins	Found in foods such as eggs, beans, fish and meat that help the body to build and repair muscles	proteins
dairy products	Food made from the milk of an animal that help the body maintain healthy bones and teeth.	dairy
fats	Found in foods such as avocado, oils, butter, fried food and nuts.	fats
sugars	Substances used to make food and drinks sweet	sugars
fruits and vegetables	Provide the body with vitamins and minerals	fruits and vegetables
fats	Healthy fats provide energy, and unhealthy fats can cause weight gain if eaten too often.	fats
balanced diet	A diet that fulfils a person's nutritional needs	balanced diet
balanced meal	A meal that has a wide variety of the food in the correct proportions	balanced diet
nutrition	The process of taking in and using food	nutrition
vegan diet	A diet that does not include meat or animal products	vegan diet
vegetarian diet	A diet that does not include meat but does include animal products such as cheese and eggs	vegetarian diet
pescatarian diet	A diet that includes fish but no other meat products	pescatarian diet

Food Labels

Food labels tell you if a food has high (red), medium (amber) or low (green) amounts of **fat**, saturated **fat**, **sugars** and salt.

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturates 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcl

**Choose foods lower
in fat, salt and sugars**

Food Groups				
Fruit and Vegetables	Carbohydrates	Proteins	Dairy and Alternatives	Oils and Spreads
<ul style="list-style-type: none"> aim to eat at least five portions of a variety of fruit and vegetables each day sources of vitamins and minerals but also fibre help digestion 	<ul style="list-style-type: none"> wholegrain varieties are recommended because they contain more fibre sources of energy for bodies contain fibre, calcium, iron and B vitamins 	<ul style="list-style-type: none"> sources of vitamins and minerals, which help keep us healthy needed for the body to grow and repair itself 	<ul style="list-style-type: none"> sources of calcium, which help keep our bones strong a good source of protein as well as the foods found in the proteins section 	<ul style="list-style-type: none"> all types of fat should be eaten in small amounts but you do need some fat in your diet
Fats			Different Diets	
<p>Fat is a source of 'fatty acids', which our bodies cannot make themselves.</p> <p>Unsaturated fats are healthier fats and are found in foods such as olive oil and vegetable oil. Saturated fat is found in foods such as chocolate, cakes, biscuits, butter, sausages and pastries.</p>			<p>There are different diets that humans may follow: vegan, vegetarian, pescatarian and omnivorous.</p>	
Animal Diets				
<p>Animals need food to survive. The type of food they eat is different for different animals. Some animals have very varied diets, while others have very specialised diets.</p>				