

Nutrition and Diet

Year 3

Key vocabulary

carbohydrate – food such as bread, cereals, pasta and rice



protein – food such as eggs, beans, fish and meat



dairy product – food made from the milk of an animal



fat – food such as avocados, oil, butter, fried food and nuts



sugar – a substance used to make food and drinks sweet



fruit and vegetables – provide the body with vitamins and minerals



carbohydrates – provide the body with energy



protein – helps the body to build and repair muscles



dairy – can help young children to form healthy bones and teeth



fats – healthy fats provide energy whilst unhealthy fats can cause weight gain if eaten too often



balanced diet – a diet that fulfills a person's nutritional needs



balanced meal – a meal that has a wide variety of food in the correct proportions



nutrition – taking in and using food to keep the body healthy



Eatwell Guide – a guide that shows how much we should eat approximately from each food group



diet – the food a living thing needs



herbivore – an animal that eats plants



carnivore – an animal that eats other animals



omnivore – an animal that eats other animals and plants



Key knowledge

Humans need the right types and amount of food

Humans get their nutrition from what they eat.

Animals, including humans cannot make their own food and get their nutrition from what they eat.

All humans need a balanced diet including foods from all five food groups.