

Year 3 & 4 Knowledge Organiser – Nutrition, diet and movement and the skeleton

What should I already know?

All animals need water, air and food to survive.
 The different ways in which humans can be healthy.
 Examples of healthy and unhealthy food choices.

Key vocabulary

balanced diet	a variety of food that you regularly eat
diet	the type and range of food that you regularly eat
disease	an illness which affects people, animals, or plants
energy	the ability and strength to do physical things
healthy	well and not suffering from any illness
hygiene	keeping yourself and your surroundings clean, especially in order to prevent illness or the spread of diseases
nutrients	substances that help plants and animals to grow
nutrition	the process of taking food into the body and absorbing the nutrients in those foods
starchy	foods that contain a lot of starch (a nutrient which gives you energy)

Diagrams

Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide energy
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide energy
vitamins		keep you healthy
minerals		keep you healthy
water		moves nutrients around your body and helps to get rid of waste

- Living things need food to grow and to be strong and **healthy**.
- Plants can make their own food, but animals cannot.
- To stay **healthy**, humans need to exercise, eat a **healthy** diet and be hygienic.
- Animals, including humans, need food, water and air to stay alive.

Skeletons do three important jobs:

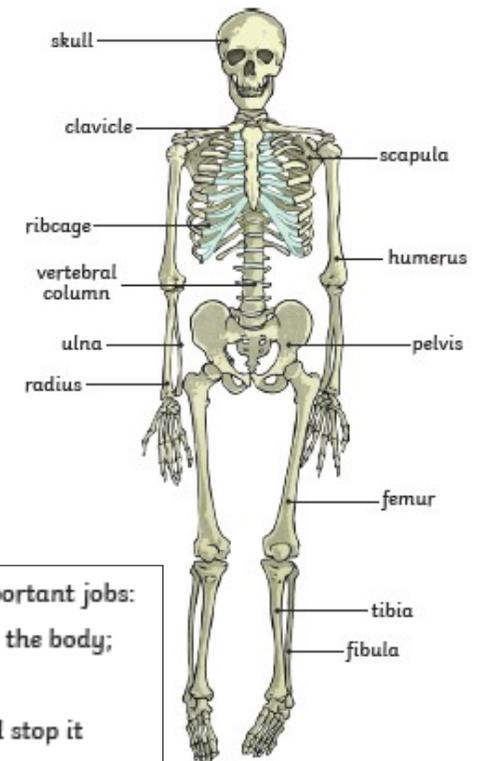
- protect organs inside the body;
- allow movement;
- support the body and stop it from falling on the floor.

What will I know by the end of the unit?

Identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat.

An adequate and varied diet is beneficial to health (along with a good supply of air and clean water).

Regular and varied exercise from a variety of different activities is beneficial to health (focus on energy in versus energy out. Include information on making informed choices).



Diagrams



What are the different types of nutrients?

- Protein
 - help your body to grow and repair itself
 - examples include red meat, yogurt, beans
- Carbohydrates
 - give you energy
 - examples include bread, potatoes, pasta
- Fats
 - give you energy
 - examples include nuts, oils, avocados
- Vitamins
 - keep your body healthy
 - examples of foods high in vitamins include oranges, carrots and nuts
- Minerals
 - keep your body healthy
 - examples of foods high in vitamins include milk, sweetcorn, spinach
- Fibre
 - helps you to digest the food that you have eaten
 - examples of foods high in fibre include wholegrain bread, cereals and lentils
- Water
 - helps to move **nutrients** in your body and get rid of waste that you don't need
 - examples of foods high in water include celery, cucumber, tomatoes

Topic— Nutrition, diet and movement and the skeleton

Healthy Humans

<p>Question 1 - What is the best for people to help have healthy diets?</p>	<p>Start of unit</p>	<p>End of unit</p>	<p>Question 4 - What do carbohydrates do?</p>	<p>Start of unit</p>	<p>End of unit</p>
<p>A. not eat sugary foods</p>			<p>A. Provides the body with</p>		
<p>B. eat a variety of foods</p>			<p>B. Provides the body with hydration</p>		
<p>C. not eat foods that contain fat or oil</p>			<p>C. Provide the body with energy</p>		
<p>D. eat only fruit</p>			<p>D. Helps growth and repair</p>		
<p>Question 2 - Write T or F next to each of these statements to indicate if they are true or false.</p>	<p>Start of unit</p>	<p>End of unit</p>	<p>Question 5 - Give an example of a food high in water</p>	<p>Start of unit</p>	<p>End of unit</p>
<p>A. having a balanced diet will help my bones get stronger</p>			<p>Start</p>		
<p>B. having a balanced diet will help give me the nutrients I need</p>			<p>End</p>		
<p>C. having a balanced diet means I do not need to exercise</p>					
<p>D. I must not eat any sweets if to have a balanced diet.</p>					
<p>Question 3 - Give one other way of keeping healthy other than eating a balanced diet.</p>	<p>Start of unit</p>		<p>Question 6 - Give an example of a food which contains high levels of protein.</p>	<p>Start of unit</p>	<p>End of unit</p>
<p>End of unit</p>					