



Year Three Science

Humans and Other Animals - A Balanced Diet



Key Knowledge

Humans get their nutrition from what they eat. We get our food from plants and other animals.

Food Group	Examples	Why is it important for our diet?
carbohydrates / starchy foods	bread, rice, potatoes, pasta Chocolate & sweets	A main source of energy for our bodies.
protein	fish, meat, eggs, beans	Repairs and builds muscles, organs and immunity.
fats	butter, oil, cream, nuts	Stored for energy, creates a layer of fat to keep us warm
fruit and vegetables	banana, apples, carrots, kale	Keeps us growing and fight infections.
milk and dairy	butter, cheese, milk	Contain vitamins and minerals, including calcium which keeps your bones healthy.

Key vocabulary

Word	Definition
balanced diet	Nutrients are needed to survive and grow. They are used for energy and to build and repair the body.
nutrient	Nutrients are needed to help us survive and grow. They are used for energy and to build and repair the body.
obesity	Being very overweight. Having a balanced diet and regular exercise are important to prevent obesity.
carnivore	An animal that can get its nutrients from only eating other animals.
herbivore	An animal that can get its nutrients from only eating plant.
omnivore	An animal that can get its nutrients from eating plants and animals.

Significant person:

Casimir Funk, a Polish chemist, was the first to make vitamins in tablet form. This meant even people who couldn't eat healthy food could get some goodness in to their diet.

Some things are **not good** for our bodies. While we know that a good diet, exercise, hygiene and plenty of sleep helps us to stay healthy, things like alcohol, drugs, tobacco and too much sugar can damage our bodies.

