

Year 3

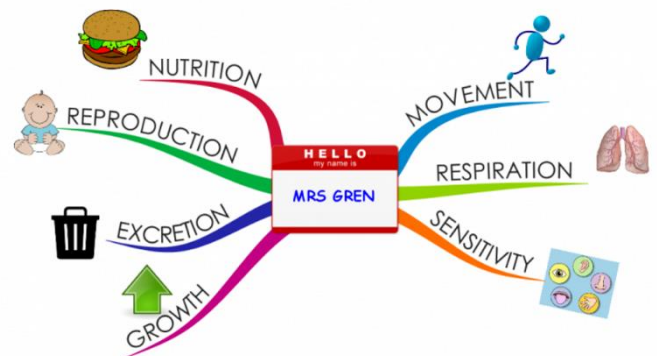
Spring

## Science - Health and Nutrition

In this unit, children will be reminded of the 7 life processes and focus on nutrition as a way to give humans energy. Children will learn about the importance of a balanced diet, exercise, and hygiene in order to stay healthy.

### Key Knowledge

- Living things need food to grow and to be strong and healthy.
- Humans need to eat a healthy balanced diet.
- Nutrition is when we eat food to give us energy. Adults and children need lots of energy to help them keep moving and keep their bodies healthy.
- The Eatwell Plate is a guide to help show us how much of each type of food we should eat.
- To stay healthy, humans need to exercise, eat a healthy diet and be hygienic.



### Key Vocabulary

**Balanced diet** - a variety of food that you regularly eat.

**Diet** - the type and range of food that you regularly eat.

**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 to prevent illness or the spread of diseases.

**Nutrients** - substances that help plants and animals to grow.

**Nutrition** - the food we eat that gives us energy.

**Unhealthy** - things that are not good for our bodies.

### Food Groups for a Healthy Diet

The pie chart below shows the proportion of foods from each of the five food groups that we should aim to eat over the course of a week.

- fruit and vegetables
- carbohydrates
- protein
- dairy
- fats and sugars



### Did you know?

Children need food to help them to grow!