

Prior Learning

Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene. (Y2 - Animals, including humans) 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. (Y3 - Animals, including humans)



Nutrition and Diet

Autumn Term Year 3

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. •

Working scientifically – Talk about criteria for grouping, sorting and classifying (non-statutory).

Using straightforward scientific evidence to answer questions or to support their findings.

Future learning

Describe the simple functions of the basic parts of the digestive system in humans. (Y4 - Animals, including humans)

Identify the different types of teeth in humans and their simple functions. (Y4 - Animals, including humans)

The consequences of imbalances in the diet, including obesity, starvation and deficiency diseases. (KS3)

The effects of recreational drugs (including substance misuse) on behaviour, health and life processes. (KS3)

The structure and functions of the gas exchange system in humans, including adaptations to function. (KS3)

The mechanism of breathing to move air in and out of the lungs. (KS3)
The impact of exercise, asthma and smoking on the human gas exchange system. (KS3)

Key vocabulary

- **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** – the process of taking in and using food



- **Eatwell Guide** – a guide to help people eat a balanced diet



Key vocabulary

- **vegan diet** – a diet that does not include meat or animal products



- **vegetarian diet** – a diet that does not include meat but does include animal products such as cheese and eggs



- **pescatarian diet** – a diet that includes fish but no other meat products



- **omnivorous diet** – a diet that includes all food types



Key vocabulary

- **diet** – the food that an animal needs to survive



- **herbivore** – an animal that eats plants



- **carnivore** – an animal that eats other animals



- **omnivore** – an animal that eats other animals and plants



fruits and vegetables



carbohydrates



proteins



dairy products



fats and sugars