Science – Year 3

Food and Nutrition for Humans and Animals

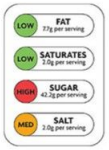
Spring 2

Vocabulary		
Tier 1	Tier 2	Tier 3
Food	Nutrients	Macronutrients
Healthy	Protein	Nutrition facts
Energy	Carbohydrates	Micronutrients
Body	Fats	Saturated fats
Eat	Vitamins	Dietary fiber

don't know | I know this word | I can use it in a sentence

Useful Resources

https://www.bbc.co.uk/bitesize/topics/zrffr82/articles/zppvv4j
https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/
https://kidshealth.org/en/kids/nutrition.html



Key Learning Points

What are the main food groups?

- Fruits and vegetables
- Carbohydrates
- Proteins
- Dairy
- Fats and oils

Why do we need these food groups?

- Carbohydrates provide energy.
- Proteins help with growth and repair.
- Fats give energy and support cell health.
- Vitamins and minerals keep the body functioning well.
- Water is essential for hydration and overall health.

How do animals get their food?

- **Herbivores** eat plants.
- **Carnivores** eat meat.
- **Omnivores** eat both plants and meat.

What is a food label?

A food label provides information about a food item, including:

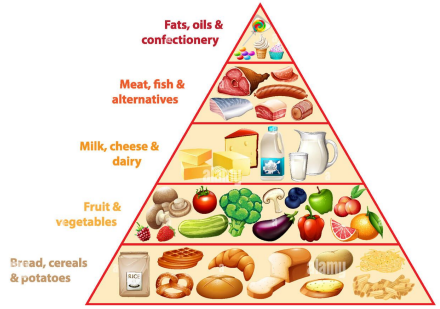
1. Ingredients (what the food is made of).
2. Nutritional values (how much energy, fat, sugar, or salt it has).
3. Portion sizes (how much we should eat at a time).

What makes a balanced diet?

A balanced diet includes a mix of all food groups in the right proportions for your body to stay healthy and grow.

Did You Know?

- Your body needs water as much as food—it makes up about 60% of your body weight!



Scientific Enquiry Skills

Asking questions
Asking questions that can be answered using a scientific enquiry.

Making predictions
Using prior knowledge to suggest what will happen in an enquiry.

Setting up tests
Deciding on the method and equipment to use to carry out an enquiry.

Observing and measuring
Using senses and measuring equipment to make observations about the enquiry.

Recording data
Using tables, drawings and other means to note observations and measurements.

Interpreting and communicating results
Using information from the data to say what you found out.

Evaluating
Reflecting on the success of the enquiry approach and identifying further questions for enquiry.