



Mossfield Primary School Knowledge Organiser



Year 3 — **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.

Food groups and to understand the five food groups



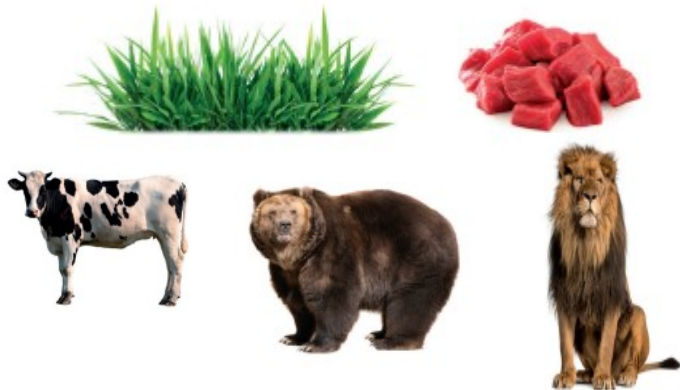
Balanced diets



Compare diets



Animal diets



Food waste and how we can reduce food waste



Key Vocabulary

Balanced diet	A healthy, balanced diet includes foods from all 5 food groups: fruit, vegetables, grains, proteins and dairy
Balanced meal	This means eating a wide variety of foods in the right proportions, and consuming the right amount of food within a meal.
Carbohydrate	Main source of energy for our bodies (rice, potato, pasta and bread).
Dairy products	Dairy products are foods that are made from animal milk
Diet	The food and drink usually eaten and drunk by a person or animal.
Digest	When food in the stomach is broken down.
Eatwell guide	The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet.
Fats	Fats are a type of nutrient that you get from your diet. You can have healthy and unhealthy fats.
Fruit and vegetables	Fruits and vegetables are important part of our daily diet. They contain essential vitamins and minerals which keep us healthy and protect us from diseases.
Nutrition	The substances that you take into your body as food and the way that they influence your health.
Omnivorous diet	An omnivore diet is one that eats both plant and animal-based foods
Pescatarian diet	A pescatarian is someone who doesn't eat red meat or poultry, but does eat fish and other seafood
Protein	Repairs and builds muscle, organs and immunity (fish, meat, eggs and cheese).
Vegan diet	A vegan diet is a plant-based diet that includes vegetables, grains, nuts, seeds and fruits. Vegans do not eat foods that come from animals.
Vegetarian diet	A vegetarian diet is one that does not include any meat or seafood.
Vitamins	Substances found in foods that keep you healthy.