



## Science – Year 3

### Animals Including Humans: Diet and Nutrition

(Previous knowledge – refer to  
Knowledge Organiser Year 2 - Humans)

#### Vocabulary

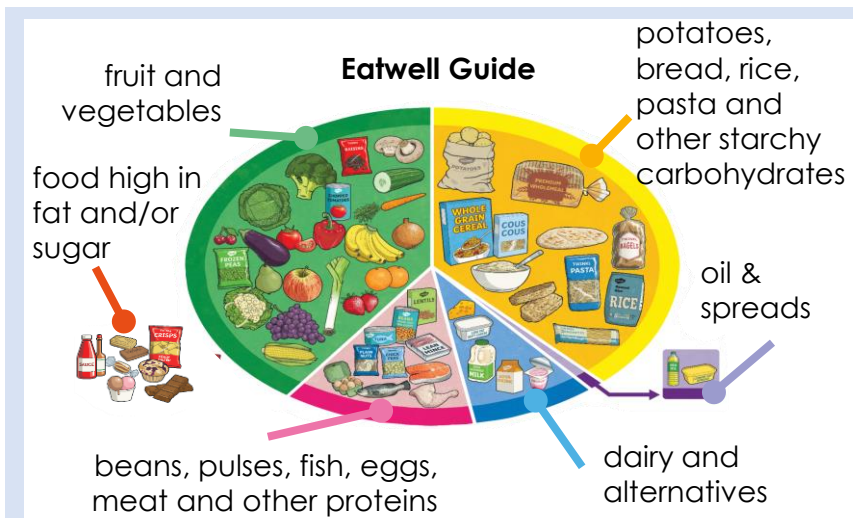
Tier 1	Tier 2	Tier 3
Fruit	Diet	Herbivore
Vegetables	Balanced	Carnivore
Healthy	Nutrition	Omnivore
Unhealthy	Carbohydrate	Consumer
Animal	Protein	Producer
Plant	Dairy	Predator

#### Useful Resources

- Variety of food labels to learn about nutritional content.
- Food pictures to sort into different food groups.
- Animal cards to create food chains.

#### Key Scientists:

**Elsie Widdowson (1906-2000)** – was a British dietician who helped oversee the addition of vitamins to food and wartime rationing in Britain during World War II.



#### What is a Food Chain?

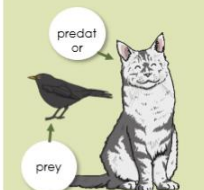
Each food chain starts with a green plant. Green plants are called **producers** because they **produce** their own food.



All animals are called **consumers** because they **consume** their food by eating plants and other animals.



Animals that eat other animals are called **predators**. The animals that they eat are called **prey**.



#### Key Questions/Facts

#### What are the different food groups?

##### Carbohydrates:

- Includes bread, pasta and rice.
- Carbohydrates provide us with energy.

##### Dairy

- Includes milk, cheese and yogurt.
- Dairy food contains calcium which helps to keep your bones and teeth strong.

##### Protein

- For growth and repair.
- Good protein sources include meat, lentil, peas and beans.

##### Fruit and Vegetables

- You should eat a variety of at least five portions of fruit and vegetables every day.

##### Sugar and Fat

- Includes sweets, chocolate, oil and butter.
- Sugar and fat are less nutritious than other food groups and should be eaten less often and in smaller amounts.

#### How can animals be grouped by the diet they have?

- Some animals need to eat more of certain nutrients than others. Herbivores only eat plants.
- Carnivores only eat meat.
- Omnivores eat both plants and meat.
- Herbivores eat only plants.