

Key Vocabulary

Healthy	To be in a good physical and mental condition.
Nutrients	Substances that living things need to stay alive and healthy.
Energy	The strength to be able to move and grow.
Saturated fats	A type of fat, considered to be less healthy, that should only be eaten in small amounts
Unsaturated fats	fats that give you energy, vitamins and minerals.
Carbohydrates	A nutrient that gives you energy. It is found in bread, pasta and potatoes.
Protein	A nutrient that helps growth and repair. It is found in meat and fish.
Fibre	A nutrient that helps you digest the food you have eaten. It is found in wholemeal bread, brown pasta and cereal.

Key Aim

By the end of this topic, pupils will be able to identify the different groups and explain why they are important in our diet. They will be able to identify the foods that go into each of these food groups and understand how much we need of each type. The children will be able to compare and contrast the diets of different animals and decide ways that they can be grouped based on this.

- Living things need food to grow and to be strong and **healthy**.
- Plants can make their own food, but animals cannot.
- To stay **healthy**, humans need to exercise, eat a **healthy** diet and be hygienic.
- Animals, including humans, need food, water and air to stay alive.

