



The Fosse
Federation
of Schools

Science – Nutrition Year 3 & 4

Key Vocabulary

What We Eat

Plants can make their own Food from sunlight.



Animals (including humans) hunt, gather or grow their food.

Animals and humans have different nutritional needs.

Carnivores get all the nutrients they need from meat.



Herbivores get all of the nutrients they need from plants.



Omnivores need plants and meat in their diets.



Working Scientifically

Asking questions – that can be answered using scientific methods

Making predictions – Using prior knowledge to suggest what will happen

Setting up tests – Decide on the equipment and method to use

Recording data – Use drawings, tables and other methods to record observations and measurements

Evaluating – Reflecting on success of the enquiry and identifying new questions

Reporting findings – Use scientific language to state what you found

Conclusions – Using the results to draw simple conclusions

Nutrients

The things we need to consume (eat) to be able to survive

Carbohydrates



These provide energy for the body

Proteins



These help the body to grow and repair itself

Fats



These are needed but only in small quantities

Dairy



These contain calcium needed for healthy bones and teeth

Fruit and Vegetables



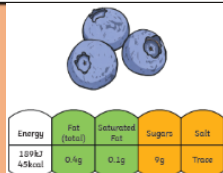
These contain lots of vitamins and minerals that your body needs. You should have at least 5 portions a day

Fibre

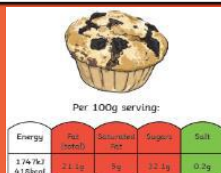


This helps your body digest your food

Labels on food can tell us about the nutrients they contain



Green labels show us that food doesn't contain too much of the nutrients we should eat less of.



We need to make sure we don't eat too much of foods with red labels