

Knowledge Organiser

Year Group	Subject	Topic
3	Science	Nutrition and Diet

The Big Picture

In this unit, pupils learn that all animals, including humans, need the right types and amounts of nutrition to stay healthy. They cannot make their own food and must get it from what they eat. Pupils explore the five food groups, what makes a balanced diet, how human diets differ, and how animals' diets vary depending on what they eat.

Enquiry Question

1. Why do humans and animals need food?
2. What are the five main food groups?
3. What does a balanced diet look like?
4. How do different diets meet people's needs?
5. How do the diets of animals differ?
6. What can we learn from the Eatwell Guide?

Key Vocabulary

Carbohydrate	Provide energy (e.g. bread, pasta, rice).
Protein	Help the body grow and repair (e.g. meat, beans, eggs).
Dairyproduct	Contain calcium for strong bones and teeth (e.g. milk, cheese).
Fruit and vegetables	Provide vitamins and minerals for a healthy body.
Fats	Provide energy; some fats are healthy (e.g. nuts, avocado, oil).
Sugars	Make food sweet but should be eaten in small amounts.
Balanced diet	Eating a variety of foods in the right proportions.
Nutrition	Taking in and using food for energy, growth, and health.
Vegan diet	Excludes all animal products.
Vegetarian diet	Excludes meat but includes eggs or dairy.
Pescatarian diet	Includes fish but no other meat.
Omnivore	Eats both plants and animals.
Herbivore	Eats only plants.
Carnivore	Eats other animals.

diet - the food a living thing needs



herbivore - an animal that eats plants



carnivore - an animal that eats other animals



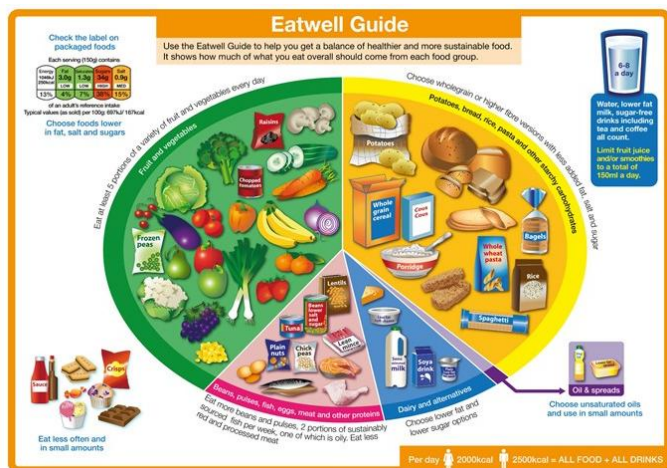
omnivore - an animal that eats other animals and plants



Key Facts

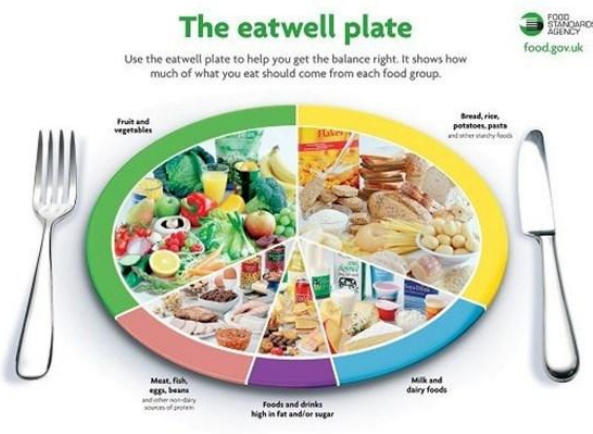
1. The Five Food Groups

- **Fruit & Vegetables:** Give vitamins and minerals.
- **Carbohydrates:** Give energy to the body.
- **Proteins:** Build and repair muscles.
- **Dairy products:** Support healthy teeth and bones.
- **Fats & Sugars:** Provide energy but should be eaten in small amounts.



2. A Balanced Diet

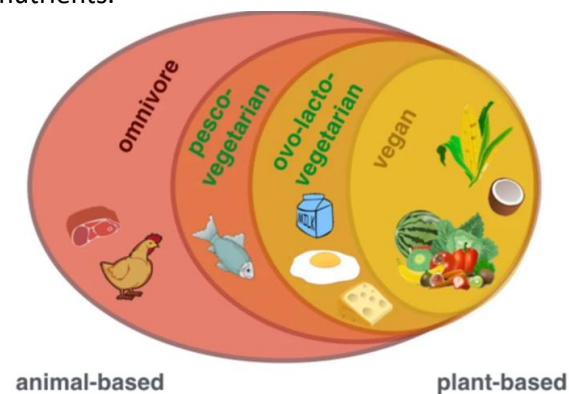
A balanced diet includes a variety of foods from all five food groups. The Eatwell Guide shows how much of each food group we should eat. Eating too much sugar or unhealthy fat can cause health problems.



3. Different Human Diets

- **Vegans** do not eat any animal products.
- **Vegetarians** do not eat meat but eat dairy and eggs.
- **Pescatarians** eat fish but no other meat.
- **Omnivores** eat both plants and meat.

All can have a balanced diet if they include the right nutrients.



4. Animal Diets

- **Carnivores** eat other animals and have sharp teeth to tear meat.
 - **Herbivores** eat plants and have flat teeth for chewing leaves.
 - **Omnivores** eat both plants and animals.
- All animals get energy from what they eat – they cannot make their own food.

