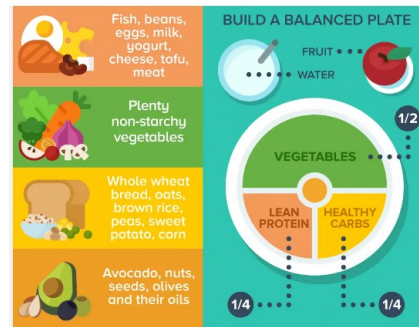




Key Vocabulary

healthy	being well and fit, both physically and mentally
nutrients	important substances that we get from food that helps the body to survive and grow
energy	strength to be able to move and grow
variety	something that is different

Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide energy
protein		helps growth and repair
fibres		helps you to digest the food that you have eaten
fats		provide energy
vitamins		keep you healthy
minerals		keep you healthy
water		moves nutrients around your body and helps to get rid of waste



Prior learning

The unit builds on prior learning from Y2 about how we grow and stay healthy. In Y1 children learned about the human body.

Key Questions

- What do animals (including humans) need to survive?
- Where do animals get their nutrients from?
- What makes a balanced diet?
- How does exercise help keep humans healthy?

Key Knowledge

- Animals (including humans) need the right types and amounts of nutrition .
- Animals (including humans) cannot make their own nutrients, they get all their nutrition from within the food they eat.
- Animals (including humans) need an adequate and varied diet to stay healthy.
- In addition, to stay healthy, animals (including humans) need a good supply of air and water.
- Regular and varied exercise is beneficial to health.