Chulmleigh Academy Trust - Science

Topic: Healthy Living (nutrition) | Year: 4 | Strand: Biology

What should I already know?

All animals need water, air and food to survive.

The different ways in which humans can be healthy.
Examples of healthy and unhealthy food choices.

What will I know by the end of the unit?

Humans cannot make their own food like plants do - we need to eat plants and animals to get our **energy**.

Healthy, **balanced diets** lead to healthy, active people.

What are the different food types?	Fruit and vegetables Bread, rice, potatoes, pasta and other **starchy** foods. Milk and dairy Oils and spreads Meat, fish, eggs, beans and other non-dairy sources of protein**.**
What are the different types of **nutrients?**	Protein help your body to grow and repair itself examples include red meat, yogurt, beans Carbohydrates give you energy examples include bread, potatoes, pasta Fats give you energy examples include nuts, oils, avocados Vitamins keep your body healthy examples of foods high in vitamins include oranges, carrots and nuts Minerals keep your body healthy examples of foods high in vitamins include milk, sweetcorn, spinach Fibre helps you to digest the food that you have eaten examples of foods high in fibre include wholegrain bread, cereals and lentils Water helps to move **nutrients** in your body and get rid of waste that you don't need examples of foods high in water include celery, cucumber, tomatoes

Investigate!

Compare and contrast the diets of different animals (including their pets) and decide ways of grouping them according to what they eat.

Research how different foods contribute to a varied **diet.**

Design meals based on your research.

Learn about how to prepare food **hygienically**.

Prepare a presentation about the benefits of healthy eating.

Write a persuasive advert for healthy foods.

Know that some people keep different **diets** for medical, religious and ethical reasons.

Describe what happens if one part is missing from a **balanced diet** and how some groups of people (e.g. vegetarians) may compensate for that.

Vocabulary

balanced diet	a variety of food that you regularly eat
diet	the type and range of food that you regularly eat
disease	an illness which affects people, animals, or plants
energy	the ability and strength to do physical things
healthy	well and not suffering from any illness
hygiene	keeping yourself and your surroundings clean, especially in order to prevent illness or the spread of **diseases**
nutrients	substances that help **plants** and animals to grow
nutrition	the process of taking food into the body and absorbing the **nutrients** in those foods
starchy	foods that contain a lot of starch (a **nutrient** which gives you **energy)**

Diagrams