Did you know?
Fruit is better than the juice! In fact, a
raw unpeeled apple has almost 10
times more <b>fibre</b> than a cup of apple
juice.
The word "muscle" comes from Latin term
meaning "little mouse", which is what
Ancient Romans thought flexed bicep
muscles resembled.
Your blood makes up about eight percent
of your body weight.

Your mouth produces about one litre of saliva each day!

A 355 mL can of pop contains 10 to 12 teaspoons of sugar. That's 150 to 180 empty calories.

Around 8% of children and 2% of adults have some kind of **food allergy**, this occurs when the body's immune system incorrectly assumes a certain food protein is harmful and attacks it.

Year 3 - Knowledge Organiser

### **Key Facts**

Animals including humans, need the right type and amount of nutrition.

Skeletons are needed for support, protection and movement.

Not all animals have an internal skeleton. There are three types of skeleton: endoskeleton, exoskeleton and hydroskeleton.

There are seven food groups: carbohydrates, proteins, fat, fibre, vitamins, minerals and water.

### food - required by organisms and cells to stay alive. In science and Nutrition human medicine, nutrition is the science or practice of consuming and utilizing foods. **Proteins** are essential nutrients for the human body. They are one of the building blocks of body tissue and can also serve as a Protein fuel source. Carbohydrates are the sugars, starches and fibres found in fruits, Carbohydrate grains, vegetables and milk products. **Dairy** products, milk products or lacticinia are a type of food **Dairy** produced from or containing the milk of mammals. In the context of nutrition, a **mineral** is a chemical element Mineral required as an essential nutrient by organisms to perform functions necessary for life. The human **skeleton** is made of bones and grows as we grow. Our skull protects our brain and our ribs protect our heart and Skeleton lungs. Muscle is a soft tissue found in most animals and function to Muscles produce force and motion.

**Key Vocabulary** 

Nutrition, nourishment, or aliment, is the supply of materials -

## Fats

**Fat** is a source of essential fatty acids, which the body can't make itself. Fat helps the body absorb vitamins A, D and E.

Rice is the seed of the grass species Oryza sativa (Asian rice) or Orvza glaberrima (African rice). As a cereal grain, it is the most widely consumed staple food for a large part of the world's human population, especially in Asia.

**Food Origins/Food Miles** 



## Fish (Cod)

Rice

Cod are found all around the UK, although being a cold-water species they are more common around in the autumn and winter, although some remain around the UK all year round, especially the smaller specimens.

# Chicken

The chicken (Gallus gallus domesticus) is a type of domesticated fowl, a subspecies of the red junglefowl (Gallus gallus). It is one of the most common and widespread domestic animals. More than 50 billion chickens are reared annually as a source of meat and eggs.



### **Food Groups**

Check the label on	Eatwell Guide
	Use the Eatwell Guide to help you get a balance of healthier and more sustainable food.  It shows how much of what you eat overall should come from each food group.
Energy Fet Satures Sager 0.9 (0.9 c) 1.3g 34g 0.9 (0.9 c) 1.3g 46c 16c 16c 16c 16c 16c 16c 16c 16c 16c 1	Choose wholegrain or
of an adult's reference intake Typical values (as sold) per 100g: 697k.l/ 167kcal	Water, lower fat milk, sugar-free
Typical values (as sod) per 100g (67%) (Frical Choose foods lower in fat, salt and sugars in fat, salt	Potation  Potati
Eat less often and	Choose unsaturated oils and use in small amounts  Oil & spreads  Choose unsaturated oils and use in small amounts  Oncose years and pulses, 2 portions of sustainably processed freat the control of which is oily. Eat less  Per day 1 2500kcal = ALL FOOD + ALL DRINKS
in small amounts	Per day 🏚 2000kcal 🏚 2500kcal = ALL FOOD + ALL DRINKS