
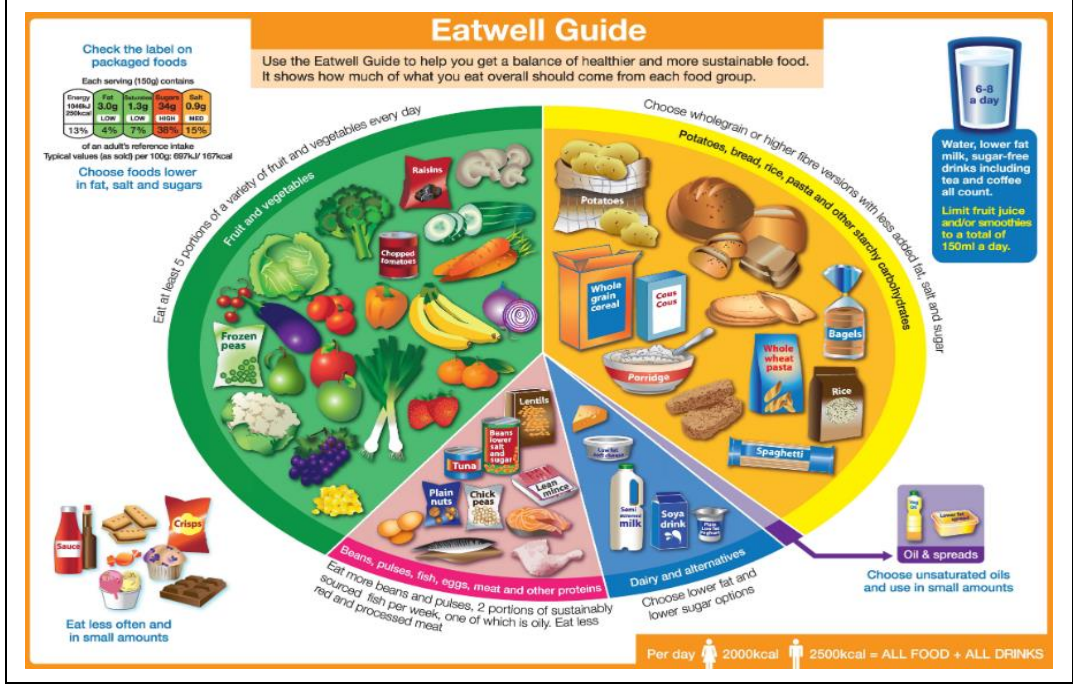




Did you know?	Year 3 – Knowledge Organiser	Key Vocabulary	
Fruit is better than the juice! In fact, a raw unpeeled apple has almost 10 times more fibre than a cup of apple juice.		Nutrition	Nutrition , nourishment, or aliment, is the supply of materials - food - required by organisms and cells to stay alive. In science and human medicine, nutrition is the science or practice of consuming and utilizing foods.
The word “ muscle ” comes from Latin term meaning “ little mouse ”, which is what Ancient Romans thought flexed bicep muscles resembled.		Protein	Proteins are essential nutrients for the human body. They are one of the building blocks of body tissue and can also serve as a fuel source.
Your blood makes up about eight percent of your body weight .		Carbohydrate	Carbohydrates are the sugars, starches and fibres found in fruits, grains, vegetables and milk products.
Your mouth produces about one litre of saliva each day!	Key Facts	Dairy	Dairy products, milk products or lactinia are a type of food produced from or containing the milk of mammals.
A 355 mL can of pop contains 10 to 12 teaspoons of sugar. That’s 150 to 180 empty calories .		Animals including humans, need the right type and amount of nutrition.	Mineral
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.	Skeletons are needed for support, protection and movement.	Skeleton	The human skeleton is made of bones and grows as we grow. Our skull protects our brain and our ribs protect our heart and lungs.
	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.	Muscles	Muscle is a soft tissue found in most animals and function to produce force and motion.
Food Groups		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.



Food Origins/Food Miles	
Rice	Rice is the seed of the grass species <i>Oryza sativa</i> (Asian rice) or <i>Oryza glaberrima</i> (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. 
Fish (Cod)	 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 (<i>Gallus gallus domesticus</i>) is a type of domesticated fowl, a subspecies of the red junglefowl (<i>Gallus gallus</i>). 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. 