

Nutrition

Science – Animals including humans Nutrition & Diet

Key vocabulary

- **carbohydrates** – found in foods such as bread, cereals, pasta and rice



- **proteins** – found in foods such as eggs, beans, fish and meat



- **dairy products** – food made from the milk of an animal



- **fats** – found in foods such as avocados, oil, butter, fried food and nuts



- **sugars** – substances used to make food and drinks sweet



- **fruit and vegetables** – provide the body with vitamins and minerals



- **carbohydrates** – provide the body with energy



- **proteins** – help the body to build and repair muscles



- **dairy products** – can help to maintain healthy bones and teeth



- **fats** – healthy fats provide energy whilst unhealthy fats can cause weight gain if eaten too often



Factual knowledge

- Humans need the correct types and amount of food.
- Humans get their nutrition from what they eat.
- Humans need to eat a healthy, balanced diet to maintain good health.
- Humans should eat a wide variety of foods and consume the right amount to maintain a healthy body weight.
- *The Eatwell Guide* shows how much of each food group we should eat to achieve a healthy and balanced diet.

Diet

Key vocabulary

- **vegan diet** – a diet that does not include meat or animal products



- **vegetarian diet** – a diet that does not include meat but does include animal products such as cheese and eggs



- **pesccatarian diet** – a diet that includes fish but no other meat products



- **omnivorous diet** – a diet that includes all food types



Factual knowledge

- All humans need a balanced diet that includes food from all five food groups.
- People who eat a vegan diet get protein from sources that are
- **herbivore** – an animal that eats plants



- **carnivore** – an animal that eats other animals



- **omnivore** – an animal that eats other animals and plants

