

# Y3 Eat Happy

## The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



## Key Learning Objectives:

- Understand the meaning of nutrition.
- Identify that animals, including humans, need the right types and amount of nutrition.
- Understand animals, including humans cannot make their own food.
- Understand the food supply chain—'farm to fork'.

## How you can help at home:

- Include, if possible, children in the preparation of meals.
- Discuss which part of the food plate their meal(s) are from.
- Talk about safety when cooking and food hygiene.
- Discuss food groups: fibre, carbohydrates, protein, fats, vitamins and minerals



Wash hands before and after preparing food.



Cook meat, poultry, fish, and eggs thoroughly.



Wash fruits and vegetables well before eating.

## Key Vocabulary

Word	Definition
Nutrition	The process of providing or obtaining the food necessary for health and growth.
Nutrient	A substance that provides nourishment important for the maintenance of life and for growth.
Balanced diet	A balanced diet is one that gives your body the nutrients it needs to function correctly.
Growth	The increase and difference of size and appearance.
Exercise	Activity requiring physical effort, carried out to sustain or improve health and fitness.
Fresh	Food that is recently made or obtained; not tinned or frozen.
Processed (food)	Food that has been altered in some way during preparation, eg. freezing or baking.
Agriculture	The growing and producing of food.
Ingredients	Foods or substances that are combined to make a particular dish.