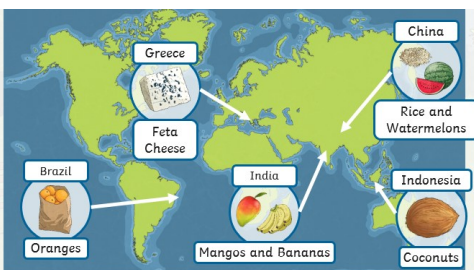
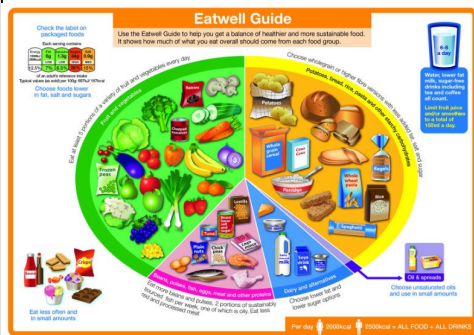


Y3 Eat Happy



End Points:

- . Understand animals, including humans cannot make their own food.
- . Know that animals, including humans, need the right types and amount of nutrition.
- . Know how to make healthy food choices.

How you can help at home:

- Include, if possible, children in the preparation of meals.
- Talk about safety when cooking and food hygiene.
- Encourage limited consumption of sugary food and drink for healthy teeth and prevention of obesity.
- Develop healthy attitudes towards eating for good health.
- Discuss where food is from when visiting the shops e.g. bananas are grown in hot places like The Caribbean etc.

Key Vocabulary

Word	Definition
Diet	The kinds of food that a person, or animal, habitually eats.
Nutrition	The process of providing or obtaining the food necessary for
Protein	A macronutrient that is essential to building muscle mass.
Carbohydrate	Carbohydrates are the sugars, starches and fibres found in fruits,
Fibre	A complex carbohydrate that passes undigested into your large bowel and can improve transit.
Fresh (food)	Food that is recently made or obtained; e.g. not tinned or frozen.
Processed (food)	Food that has been altered in some way during
Agriculture	The growing and producing of food.
Food Journey	How food gets from the farms to our table.