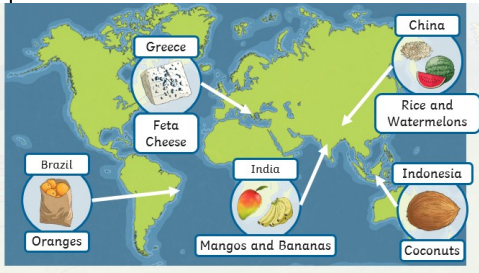


Y3 Eat Happy



How you can help at home:

- Include, if possible, children in the preparation of meals.
- Encourage limited consumption of sugary food and drink for healthy teeth and prevention of obesity.
- Develop healthy attitudes towards eating for good health.

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.

Prior Learning

Future Learning



Y2– Healthy Heroes- Healthy food choices.

Y4– Digestive System

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
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.