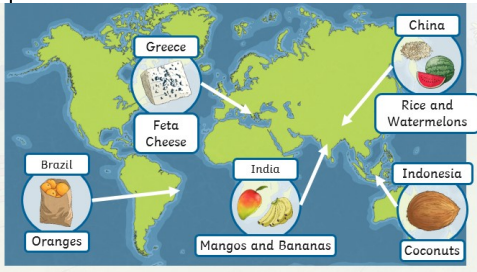


Y3 Eat Happy



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.

In this unit we want children to understand that we are able to make choices around the type, quantity and origin of the food that we eat. In Year 3, the learning will focus on food choices and where our food comes from. Pupils will begin to appreciate why people may make a certain food choice, be this for religious, cultural, ethical or medical reasons.



Wash hands before and after preparing food.



Cook meat, poultry, fish, and eggs thoroughly.



Wash fruits and vegetables well before eating.

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.

Prior Learning

Y2- Healthy Heroes- which foods are good for us and how to eat healthily

Future Learning

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
Agriculture	The growing and producing of food.
Food Journey/	How food gets from the farms to our table.
	We will also discuss how, as humans, we can make choices around the food that we eat. These choices include Religious, cultural, ethical, medical, sensory, healthy, allergen, kosher, halal