

Y3 Eat Happy

Word

Happy Children, Happy School, Learning Together, Growing Together



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.
- Know the different food groups and their nutritional value.

Key Vocabulary

Definition

	vvoru	Deminion
	Diet	The kinds of food that a person, or animal, habitually eats.
	Nutrition	The process of providing the food necessary for health and growth.
6	Protein	A nutrient to build muscle.
	Carbohydrate	A nutrient that gives you energy.
	Fibre	A nutrient that helps you process food.
	Agriculture	The growing and producing of food.
	Food Journey/	How food gets from the farms to our table.
	Food miles	How far food has to travel.



• Include, if possible, children in the preparation of	of

How you can help at home:

- 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	Future Learning
Y2– Healthy	Y4– Digestive
Heroes	System

ECCLESALL Key Concepts

Effective Communicators

Creative thinkers & problem solvers

The ability to make connections and comparisons

Valuable members of a **community**

Understanding **change**, capable of changing and accepting change