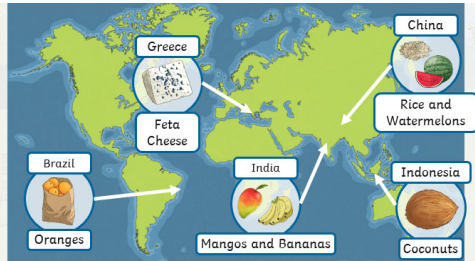


# Y3 Eat Happy



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

## Key Vocabulary

Word	Definition
Diet	The kinds of food that a person, or animal, habitually eats.
Nutrition	The process of providing the food necessary for health and growth.
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/ Food miles	How food gets from the farms to our table. How far food has to travel.

## 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

## Future Learning

Y4– Digestive  
System