

Key Content (New Learning)

To identify that animals, including humans, need the right types of nutrition

To know that animals including humans cannot make their own food

To know that animals including humans get nutrition from what they eat

To identify that animals including humans need the right amounts of nutrition

Unit Overview

Lesson 1 Explore how foods can be grouped into 5 food groups. What are the 5 food groups?

Lesson 2 To know what a balanced diet is and why it's important.

Lesson 3 To compare diets and dietary needs

Lesson 4 To know the different dietary requirements of animals

Lesson 5 To explore the impact of food wastage on the planet and how we can reduce it

End Point EOU Quiz



Healthy - in a good physical and mental condition

Nutrients - substances that living things need to stay alive and healthy

Energy - strength to be able to move and grow

Saturated fats - types of fats, considered to be less healthy, that should only be eaten in small amounts

Unsaturated fats - fats that give you energy, vitamins and minerals

Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide energy
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide energy
vitamins		keep you healthy
minerals		keep you healthy