

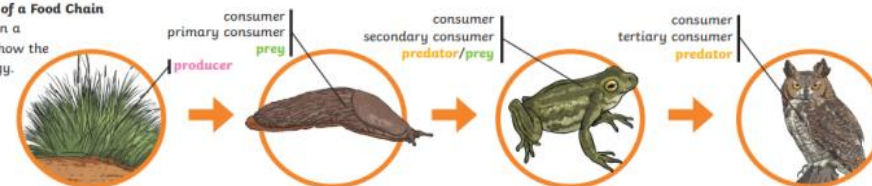
## Key Vocabulary

Word	Definition	●/●
Carbohydrates	These are in food and provide energy, e.g. in pasta.	
Carnivore	Animals that only eat animals.	
Consumers	These organisms get their energy from eating plants or animals.	
Diet	The sort of food animals or humans regularly eat.	
Digestion	Process of breaking down food that is eaten.	
Digestive System	Organs in the body that break down and digest food.	
Enamel	A hard and white substance that forms the outer layer of the tooth.	
Energy	Strength to be able to move and grow.	
Fibre	This lets food pass quickly through your digestive system.	
Food Chains	The connections between producers, prey and predators. Food chains describe how different organisms eat each other.	
Food Pyramid	A diagram describing different food and healthy eating.	
Healthy	In a good mental and physical condition.	
Herbivore	Animals that only eat plants.	
Nutrient	A substance offering what the body needs to be healthy.	
Nutrition	The study of food and how it works in your body.	
Omnivore	Animals that eat both plants and animals.	
Predators	An animal that naturally preys on other animals for food.	
Prey	An animal that is hunted and killed by another animal for food.	
Producers	Food chains start with producers, e.g. plants.	
Proteins	These are in food and help the body grow, repair and build muscle.	
Saturated Fats	Types of fats that are considered less healthy.	
Unsaturated Fats	Fats that give you energy, vitamins and minerals and are considered better for you than saturated fats.	
Vitamin	Group of compounds in food that are essential for healthy growth.	

## Previous Knowledge

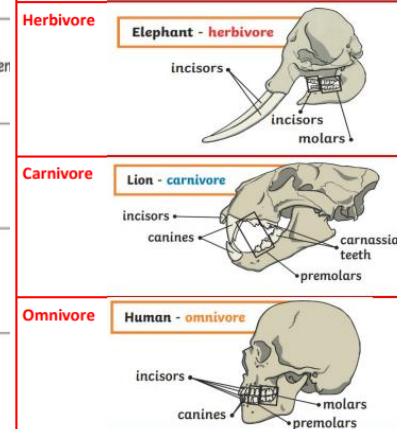
- There are 7 key traits shared by all living organisms (MRS NERG).
- Animals eat different foods and can be categorised as Carnivores, Herbivores or Omnivores depending on what they consume.
- Humans absorb nutrients from food through their digestive system to survive.

**An Example of a Food Chain**  
The arrows in a food chain show the flow of energy.



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

The teeth of an animal are designed to eat different foods depending on the diet of the animal. Examples of teeth that **herbivores, carnivores** and **omnivores** have are below:



## Working Scientifically

- Asking relevant questions and using different types of scientific enquiries to answer them.
- Making systematic and careful observations.
- Gathering, recording, classifying and presenting data in a variety of ways to help answer questions in a meaningful way.
- Recording findings and predictions using scientific language, drawings, labelled diagrams, keys, bar charts and tables.
- Using results to draw simple conclusions, make new predictions and raise further questions.

## Key Questions

- What do humans and other animals need to eat in order to survive and be healthy?
- Do all living organisms need to eat the same?
- What is in a balanced diet for a human?
- What are healthy foods?
- Which foods contain each nutrient we need?

## Notes:

- A food chain is vital for nature to survive.
- Humans are 'consumers' as we eat food to make the energy we need.