

Year 3 Science Knowledge Organiser - Healthy Living

Key Information

The 5 main food groups are: fruits and vegetables, carbohydrates, protein, dairy and fats.

A balanced diet means eating a wide variety of foods in the right proportions

Fibre helps turn food into waste production

Fats give us energy.

Carbohydrates give us energy.

Protein helps the body to grow and repair.

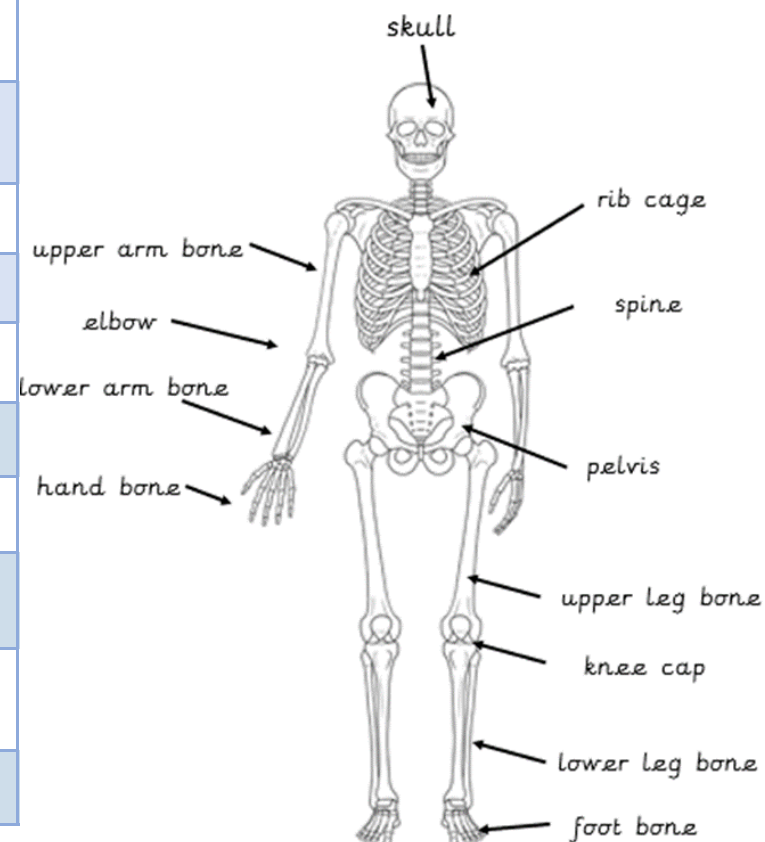
Dairy keeps bones and teeth healthy.

Fruits and vegetables contain fibre, vitamins and minerals to keep us healthy and well.

Humans and some animals have skeletons and muscles for support, protection and movement.

Without muscles our bodies wouldn't be able to move.

Key Diagram



Vocabulary

nutrients	things that plants and animals need to live and grow.
vertebrates	have a backbone.
invertebrates	do not have a backbone.
exoskeleton	has a skeleton on the outside of its body.

Misconceptions

Some people think that fats are bad for you but you need some fats for a balanced diet.

Some people think fruit drinks are good for you but these can contain lots of sugar.

People think that snakes must be invertebrates because they are similar to worms but snakes are vertebrates.