

# Deepdale Community Primary School - Science Knowledge Organiser

## Topic: Nutrition

Summer 2 Year 3

### Vocabulary you will know...



Protein	Food group that helps muscles grow and repair
Carbohydrates	Food group that gives us energy
Fats	Food group that protects our organs and gives us energy
Vitamins	Keep us fit and healthy
Minerals	Keep us fit and healthy
nutrients	What we receive from foods
Fibre	Helps you digest the food you have eaten.

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>
water		moves <b>nutrients</b> around your body and helps to get rid of waste

### Vocabulary you will hear ...



Water, movement, body, exercise, nutrition, healthy, unhealthy

### Enquiry and Skills



How do different vitamins help keep us healthy and what foods can we find them in?



How can we group the food that we eat?