

What do Humans Need to be Healthy?

Year 3 Autumn 1



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
Nutrients	What we receive from foods
Minerals	Keep us fit and healthy
Fibre	Helps you digest the food you have eaten.
Vocabulary you will hear ...	
Water, movement, body, exercise, nutrition, healthy, unhealthy.	

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
water		moves nutrients around your body and helps to get rid of waste

Key Concepts

Humans Can not Make Their Own Food - Unlike plants, which can produce food through photosynthesis, humans must consume food to obtain energy and nutrients.

Importance of a Balanced Diet - A balanced diet provides the body with essential nutrients.

Understanding Food Groups - How they contribute to human health and how to group them.

Reading Food Labels - To look at food labels to help you understand the nutritional content of foods, enabling you to make informed dietary choices.

Science

Scientist: Nita Gandhi Forouhi



Professor Forouhi's research shows how the nutrients in our food—such as carbohydrates, proteins, vitamins, and minerals—help our bodies work well. She leads major studies on how diet influences risks for diabetes and obesity, providing strong evidence that nutrient intake directly impacts health.

What I will know at the end of the unit

Living things need food to grow and to be strong and healthy.

Plants can make their own food, but animals cannot.

To stay healthy, humans need to exercise, eat a healthy diet and be hygienic

Animals, including humans, need food, water and air to stay alive.

