

Key Vocabulary

carbohydrates- give us energy

calcium- keeps our teeth and bones strong

fats- (small amounts) give us energy and keep us warm

fibres- helps our digestive system

iron- keeps our blood healthy

joints- where 2 or more bones join

manipulate- to control or move something

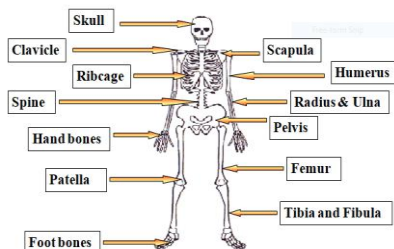
muscles- allow us to move

proteins- help us to grow and repairs our body

savoury- food that is not sweet

sugars- (small amounts) give us energy

skeleton- internal framework of our body

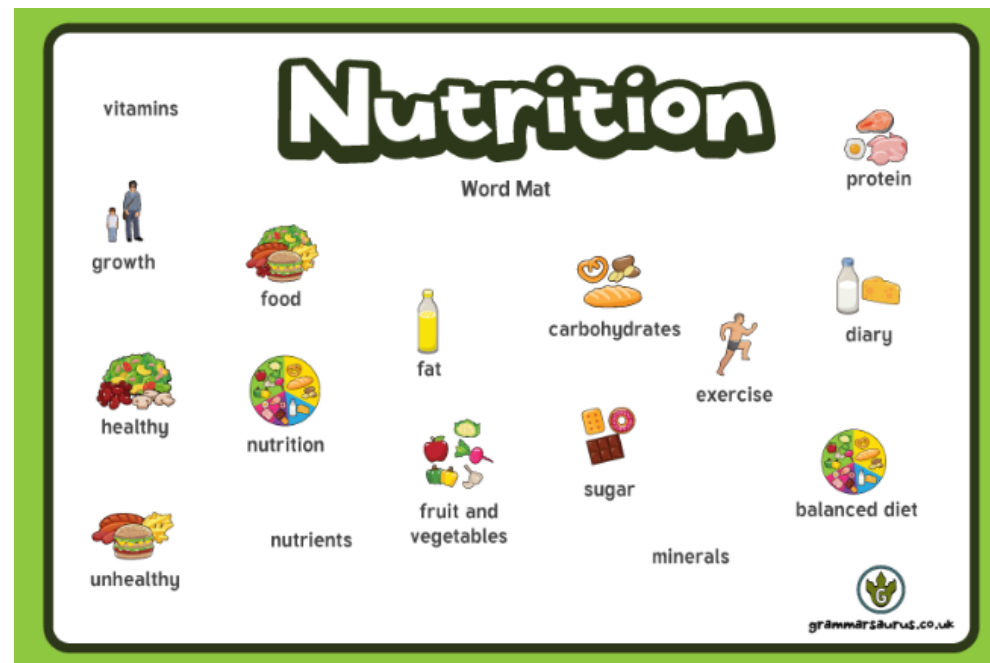


St Matthew's C.E. Primary School

Knowledge Organiser

What should I already know ?

- Know the of name foods that are healthy/unhealthy and which foods we should eat.
- Know that animals, including humans need food, water and air to survive
- Know that eating a variety of foods is important for a healthy lifestyle and be able to work safely and hygienically when preparing food.



Year 3 - Healthy Me!

Key Questions

What type of foods should we eat? Why?

Which nutrients would we find in...(insert food)?

Tell me why ..(insert nutrient) is important?

Why is our skeleton so important?

Where is the...(insert bone)?

What is the job of the...(insert bone)?

Where will I find a... joint?