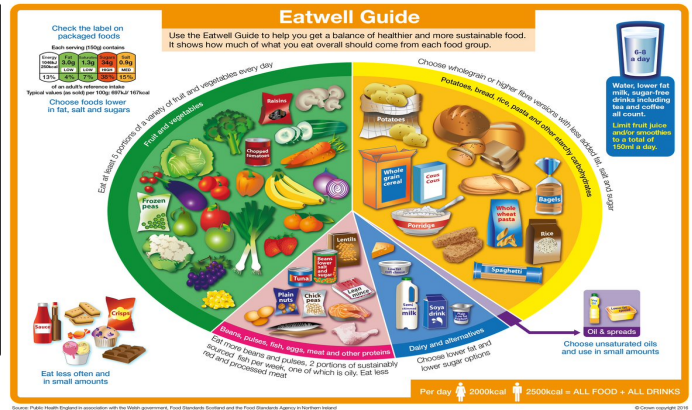


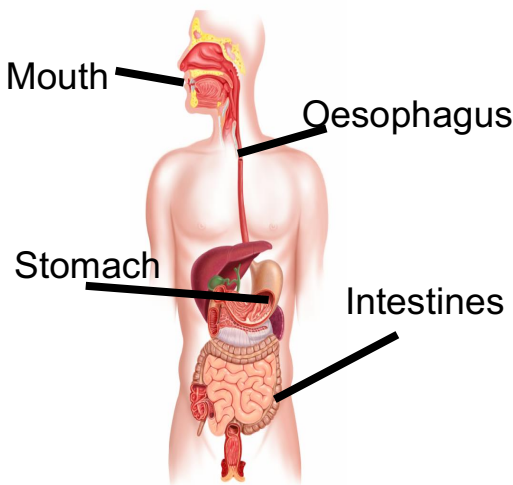
Orange Class Year 3 and 4 Knowledge Organiser: FOOD GLORIOUS FOOD!

To recognise Healthy Eating: The Eatwell Guide shows the proportions in which different types of foods are needed for a well-balanced and healthy diet.

To understand that: A healthy diet is made from a variety of different food and drinks, as depicted in The Eatwell Guide.



To describe digestion: Energy and nutrients are absorbed from food by the body in a process called digestion.



Ideas to try: Plan a menu for a day that applies the principles of The Eatwell Guide.



A visit to Cadbury World helps to understand the process of cocoa beans to bar. Do you know how chocolate is made?



To discuss: That the nutrients provided by the diet are released through the process of digestion.

A variety of food is needed in the diet because different food contains different substances that are needed for health. These are nutrients, water and fibre.



We need to know that: Vitamins and minerals are needed for general good health.

Some have special jobs:

- vitamin A is needed for night vision;
- vitamin C is needed for the maintenance of healthy skin;
- iron is needed for healthy blood;
- calcium is needed for the growth and maintenance of strong bones and teeth.

Our vertical driver:

Health and Well-being,
Courageous Advocacy,
Celebration of Diversity,
The Environment,
Our place in the world.

Our whole school value:

Respect.



Main focus: In Science, we will focus on identifying that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat. In topic we will go on a journey around the world, visiting farms in temperate, tropical, and Mediterranean climates. Children will learn about the locational language used to describe locations around the world. They will also learn about the climate conditions in a range of different biomes, how food is produced, traded, and transported and how fair trade organisations help farmers.

Some key questions:

What are food journeys?

Food origins. Can you work out how far your food has travelled to reach your plate?



How does the climate affect what is grown?

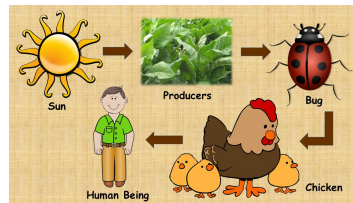
How has what we eat and where we shop changed over the past 100 years?

How is land used to produce food in the United Kingdom?

Do we all have enough to eat?

What is a balanced diet?

What is the food chain?



Opportunities for extension

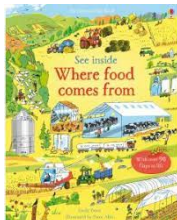
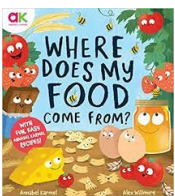
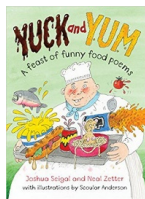
Write a weekly menu for your family, make a shopping list and help to cook/prepare meals.

Make a poster to show how you can have a healthy lifestyle and why it is important.

Try a new food. Tell me about your experience. What did you like about it? Would you eat it again?

Visit a farm. Make a fruit or vegetable kebab. Explore the packages of supermarket foods.

Key Texts



Where does our food come from?

Food from around the world Food around the world - BBC Food A tasty tour of different foods and favourite meals from around the world. <https://www.bbc.co.uk/food/cuisines>

To be familiar with our key vocabulary

Nutrients: A substance that animals and plants take in so they can live and grow. **Minerals:** A nutrient in food- calcium, iron, potassium and zinc, which helps the body to grow, stay healthy and fight illness. **Vitamins:** Foods contain vitamins such as vitamin A, B1, B2, B3, B12 and C that helps the body grow, develop and fight illness.

Carbohydrates: provide the body with energy. **Calorie:** A unit used to measure the amount of energy a food provides.

Protein: from meat, fish, eggs is needed for building, repairing, and maintaining body tissues that makes up muscle and skin.

Climates: Temperate, Tropical and Mediterranean

Hemisphere Biomes Longitude and latitude. Traded, transported and produced.

Fair Trade: Giving a fair price and conditions for those who produce our food.