



St Bernadette's Catholic Primary School

Beech Class

Science Autumn 2 Health and Nutrition

Gospel Value -
Stewardship

What I should already know...

- Identify and name common animals including carnivores, herbivores and omnivores.
- Animals and humans basic needs for survival (water, food, air).
- Know the importance for humans of exercise, eating the right amount of different food and hygiene.

Key Knowledge

- Animals including humans need to eat in order to get the nutrients they need.
- Animals including humans cannot make their own food.
- Different animals are adapted to eat different foods.
- Nutrients, water and oxygen are transported within animals and humans.
- It is important to have a nutritious and balanced diet.
- Food contains a range of different nutrients (carbohydrate, sugars, protein, vitamins, minerals, fats, water, fibre).
- Carbohydrates are rice, potatoes, pasta and bread.
- Proteins are fish, meat, eggs and cheese.
- Sugars are found in chocolate, sweets and cakes.
- Fats are found in chocolate, cream, oil and butter.
- Vitamins and minerals are found in fruit and vegetables.

Key Vocabulary

Nutrients -Substances that living things need to stay alive and healthy.
Nutrition - The study of food and how it works in the body.
Carbohydrates - An important source of energy.
Sugars - A type of carbohydrate.
Proteins - These build, maintain and replace tissues in the body.
Fats - A source of energy.
Vitamins – Substances that the body need to develop and function properly.
Minerals -Elements found in food that help the body develop and function properly.
Water - Helps move nutrients around the body and get rid of waste.
Fibre - Helps the body to digest food that has been eaten.
Healthy -In good mental and physical condition.

