

What is a healthy diet and why is it important?

What I already know from EYFS/KS1:

- Animals, including humans, have offspring which grow into adults.
- The basic stages in a life cycle for animals, including humans.
- The basic needs of animals, including humans, for survival (water, food and air).
- It is important for humans to exercise, eat the right amounts of different types of food, and to have good hygiene habits.

New knowledge:

- Different animals are adapted to eat different foods.
- To stay healthy, humans need to exercise, eat a healthy diet and be hygienic.
- Many animals have skeletons to protect vital organs inside the body, allow movement and support the body and stop it from falling on the floor.
- Muscles are connected to bones and move them when they contract.
- Movable joints connect bones.
- Adelle Davis was a 20th Century nutritionist who was a pioneer in improving health through nutrition.

Scientific skills:

- Sort foods into their relevant food groups.
- Make predictions about which foods will be high in certain nutrients.
- Compare and contrast the nutritional value of different foods.
- Identify and group animals with and without skeletons and observe and compare their movement.
- Set up an investigation into how the human skeleton supports movement, recording data.
- Observe and describe how muscles work in pairs.

Enquiry questions:

- What is a balanced diet?
- What nutrients do different foods contain?
- How do the skeletons of different animals compare?
- How does the human skeleton support movement?
- How do bones and muscles create movement?

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

Vocabulary:

energy	strength to be able to move and grow
healthy	in a good physical and mental condition
invertebrates	animals without backbones
joints	areas where two or more bones are fitted together
muscles	soft tissues in the body that contract and relax to cause movement
nutrients	substances that living things need to stay alive and healthy
saturated fats	types of fats, considered to be less healthy, that should only be eaten in small amounts
tendons	cords that join muscles to bones
unsaturated fats	fats that give you energy, vitamins and minerals
vertebrate	animals with backbones



Setting up tests



Asking questions



Making predictions



Observing and measuring



Recording data



Interpreting and communicating results



Evaluating