

Y3 Nutrition

KS2 Science · Follows the national curriculum

Name _____ Class _____ Date _____

1. Worked example

Why do animals, including humans, need to eat but plants don't?

Step 1 · What can plants do that animals can't?

Make their own food in their leaves, using light, air and water

Step 2 · Can animals make food inside their bodies?

No

Step 3 · So how do animals get their nutrition?

By eating plants or other animals

Answer: Animals can't make their own food, so they must eat to get nutrition. Plants make their own.

Check: Every food chain starts with a plant.

2. Now try one with the steps

Sort this meal into food groups: chicken, rice, peas, a glass of milk.

Step 1 · Chicken

Step 2 · Rice

Step 3 · Peas

Step 4 · Milk

Answer:

3. Practice

Have a go at each one. There is space underneath to work it out.

1. Can humans make their own food inside their bodies?

2. How do plants get their food?

3. Which food group gives us most of our energy?

4. Which food group helps us grow and repair our bodies?

5. Name a food that is a good source of calcium.

6. Which group is baked beans in: carbohydrate or protein?

7. Why should we eat lots of fruit and vegetables?

8. How many portions of fruit and vegetables should we aim to eat each day?

9. What does 'a balanced diet' mean?

10. A rabbit eats only plants. Where does it get its nutrition from?

11. Ellie has crisps, a chocolate bar and a fizzy drink for lunch. What is wrong with this lunch?

12. A cereal bar has 12 g of sugar. A banana has 14 g of natural sugar. How many grams of sugar is that altogether?

13. Why do animals that eat different food (like a cat and a cow) still need nutrition?

14. Besides food, what must we drink plenty of every day to stay healthy?

4. Before you hand it in

Plants eat food from the soil, just like animals eat.

Plants make their own food. Animals, including humans, can't, so they must eat.

Fat is bad, so we should eat none at all.

Eat small amounts of fats and sugars of a balanced diet.

One healthy food (like an apple) gives us everything we need.

We need a mix: carbohydrates, protein, fruit and vegetables, dairy, a little fat — and water.

Potatoes count towards your 5 a day.

Potatoes are carbohydrates. Sweet potatoes, carrots and peas do count