



Year 3 – Science – Animals, including humans - nutrition



Concept: Ecosystems – What all living things need and starting to understand how they depend on each other.

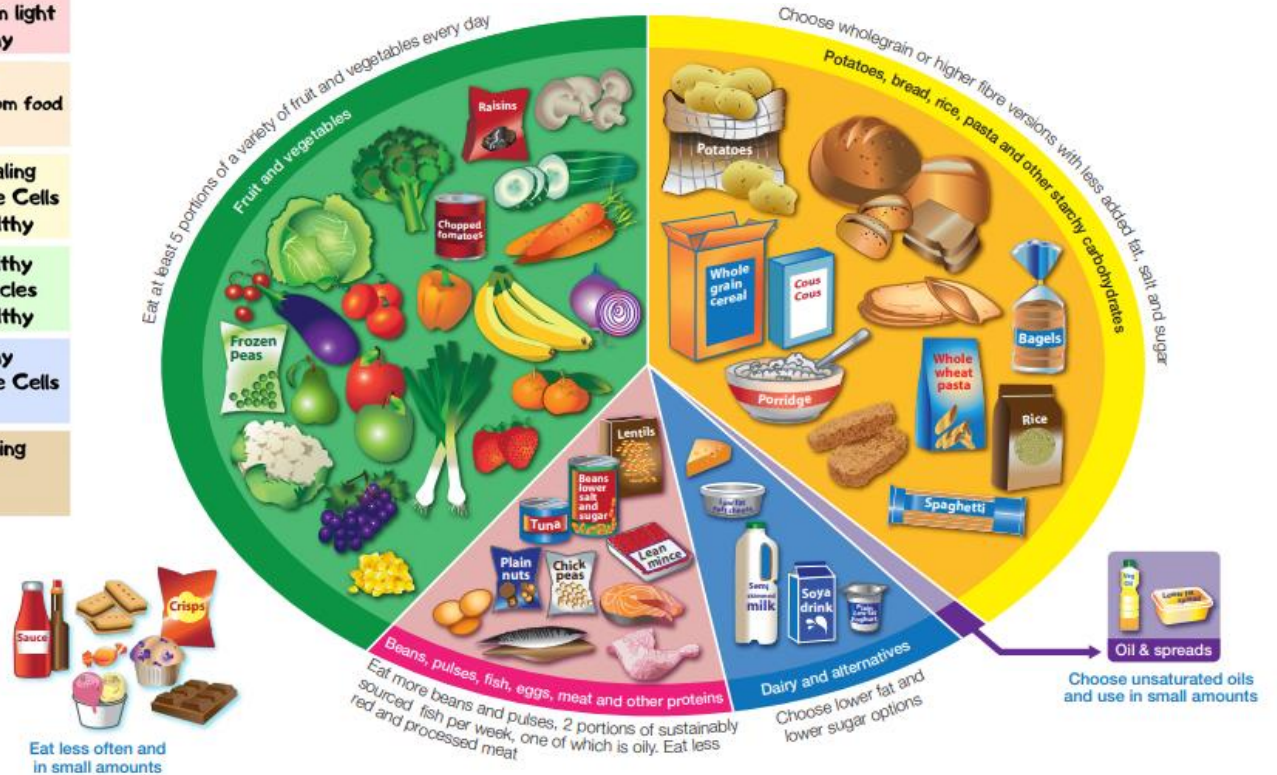
Vocabulary

nutrition: getting the food that is needed for healthy growth

nutrient: something that plants or animals need to live or grow

food group: foods that share similarities in the nutrition that they provide

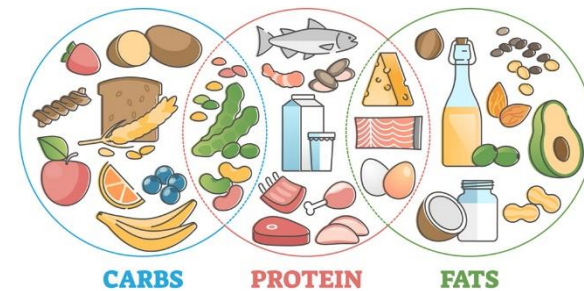
Vitamin A Foods 	Immune System Helps vision in dim light Keep Skin Healthy
Vitamin B Foods 	Nervous System Release energy from food Healthy Blood
Vitamin C Foods 	Helps Wound Healing Healthy Cartilage Cells Keep Bones Healthy
Vitamin D Foods 	Keep Teeth Healthy Strengthens Muscles Keep Bones Healthy
Vitamin E Foods 	Keep Skin Healthy Healthy Cartilage Cells Healthy Eyes
Vitamin K Foods 	Help Wound Healing Healthy Blood Healthy Bones



Each serving (150g) contains				
Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%
of an adult's reference intake				
Typical values (as sold) per 100g: 697kJ/167kcal				

The traffic light label is colour coded and shows that green is low in a particular nutrient, amber means medium and red is high in a nutrient

MACRONUTRIENTS





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