

Who Let the God's Out - Science

Vocabulary

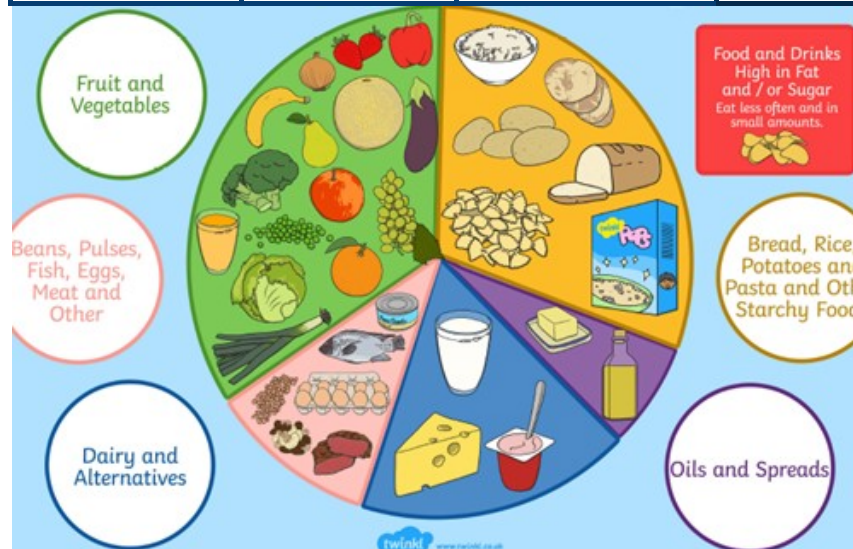
Word	Definition
nutrition	Giving your body the food it needs to grow and be healthy.
carbohydrate	Foods for energy, like bread, pasta & rice.
protein	Foods for strength, like fish, meat & eggs.
Nutritional information	The information given about each food to show
balanced diet	Eating the right amount of each food group.
Vitamin	Found in food and are vital for normal growth.
Food Group	Foods are organised into 6 main groups: Fruit and Vegetables, Protein, Dairy, Carbohydrates, Fats
produce	To make something. Plants make their own food.

Previous Knowledge

- In Year 1 you learnt to name and label the basic body parts like **head, neck, arms, elbow, legs, knees, face, ears, eyes, hair, mouth, teeth**. You also learnt what the words **carnivore, omnivore** and **herbivore** mean.
- In Year 2 you were able to explain why **exercise** is important for humans and how it helps to keep **humans healthy**. You also were able to sort **foods into groups** (such as healthy and eat plenty; good for you and eat some; not good for you and eat a little).

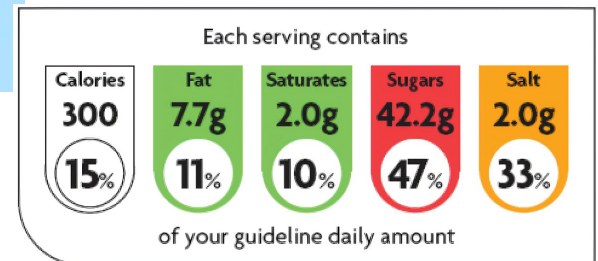
Science Key Concepts

Working Scientifically	Biology - Plants	Biology - Humans	Biology - Animals	Chemistry - The 3 States of Matter	Environment
Chemistry - Changing State	Physics - Forces	Physics - Electricity & Magnetism	Physics - Waves	Physics - Weather & Space	



Colour coding tells you at a glance if the food has high, medium or low amounts of fat, saturated fat, sugars and salt.

- red means the food or drink is high in this nutrient - try having these less often and in small amounts
- amber means medium - you can have foods and drinks with all or mostly ambers most of the time
- green means low - in short, the more greens, the healthier choice



Spellings: breathe, build, exercise, fruit, important, natural, potatoes, regular, weight