

Year 3 Week 10 Science

L.I. To examine food groups and nutrient groups.

Success Criteria:

- I can explain that animals cannot make their own food
- I can sort foods into different food groups (carbohydrate, fats, vitamins and minerals proteins, fibre)
- I can describe the importance of each food group (growth, repair, energy, digestion)
- I can explain what types of nutrients humans need.

Use these links to find out about food, food groups and their importance:

<https://www.bbc.co.uk/bitesize/topics/zrffr82/articles/zppvv4j>

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

<http://eschooltoday.com/science/needs-of-living-organisms/living-things-need-food-to-survive.html>

Task 1:

Name and describe the importance of each of the 5 food groups in a human diet.

Challenge: Can you think of an example of a food for each of the groups?



Task 2:

Use your research from the websites in the links above to answer the following questions:

1. Why do living things need food?
2. How do plants and animals obtain food?
3. What would happen to animals if they tried to obtain food in the same way as plants?
4. What kind of foods do humans need?
5. What is the difference between food groups and types of nutrients?
6. Which food groups do you think we need to eat more of? Why?