Year 3 - Autumn 2

Title of topic: **Scrumptious and Delicious**

Topic Focus: **Science and Geography - Looking at a healthy, balanced diets and where our food comes from.**

This is the knowledge organiser for our topic. It includes all the learning outcomes, key facts and vocabulary. Please share this with your child to help them develop their knowledge and understanding of our topic.

Nutrition

Animals, including humans, need the right types and amount of nutrition. They cannot make their own food; they get nutrition from what they eat.

Excess of a food group can cause ill health, such as tooth decay due to excess sugar.

Lack of a nutrient can cause ill health; for example, a lack of vitamin D leads to a disease called rickets.

Eatwell Guide

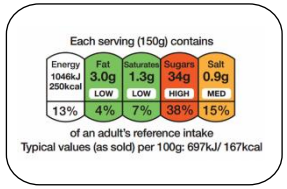
The Eatwell Guide shows the amounts of different foods that people need to eat for a healthy, balanced diet. Sugary and processed foods are outside the circle because people don't need to eat them as part of a balanced diet.

The journey of a chocolate bar

Chocolate starts as a cocoa bean that grows inside a pod on a cocoa tree in hot, rainy countries near the Equator, such as Ghana, Brazil and Ivory Coast. Dried beans are roasted, ground up and mixed with sugar and milk to make chocolate.

Food labelling

Food labelling tells shoppers what is inside the foods they buy. The words and colours on food labels tell the shopper whether the amounts of fat, sugars and salt are low (green), medium (amber) or high (red) and how much energy



FAIRTRADE

Fairtrade and farming

Food comes from all over the world. Sometimes, farmers in countries across the world get paid very little for the food they grow. Fairtrade is a worldwide movement that works with farmers and supermarkets to make sure farmers get paid and treated fairly. Food and products from Fairtrade farms and producers carry the Fairtrade logo.

Key vocabulary:

logo - Design or symbol used by a company to advertise its products.

slogan - Short, easily remembered phrase used to advertise a product.

Fairtrade - A way of buying and selling products that allows the farmers to be paid a fair price for their produce, and have better working conditions.

climate - The weather conditions throughout the year, such as: temperature, rainfall, humidity, sunshine.

nutrient - A substance that animals and plants take in so they can live and grow.

processed - Foods that have been changed during preparation. Not all processed foods are unhealthy, for example when olives are pressed to make olive oil.

calorie - unit used to measure the amount of energy a food provides.

fat - nutrient in food that gives the body energy, keeps the body warm and protects the organs.

fibre - type of carbohydrate found in plant-based foods that helps in digestive system to work properly.

sugar - substance found naturally in some foods, such as fruit, or added to foods to make them taste sweet.

mineral - nutrient in food, such as calcium, iron, potassium and zinc, which helps the body to grow, develop, stay healthy and fight illness.

vitamin - nutrient in food such as vitamin A, B1, B2, B3, B12 and C that helps the body to grow, develop, stay healthy or fight illness.