



# Lowerhouse Junior School

## Science Overview Sheet



### Year 3 – Health and Nutrition



**Rationale:** Teaching health and nutrition in Year 3 is vital as it establishes lifelong healthy habits. It helps children understand the importance of balanced diets, exercise, and hygiene. This knowledge promotes physical well-being, prevents illness, and supports cognitive development. Early education in health fosters informed choices and a foundation for a healthy lifestyle.

#### Substantive Knowledge:

- Identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat
- An adequate and varied diet is beneficial to health (along with a good supply of air and clean water).
- Regular and varied exercise from a variety of different activities is beneficial to health

#### Disciplinary Knowledge:

- Gathering, recording, classifying and presenting data in a variety of ways to help in answering questions
- Identifying differences, similarities or changes related to simple scientific ideas and processes
- Asking relevant questions and using different types of scientific enquiries to answer them

#### Overview:

**Lesson 1:** What is 'nutrition'?

**Lesson 2:** Why is nutrition important?

**Lesson 3:** What are the components of a balanced diet?

**Lesson 4:** Why is hydration important?

**Lesson 5:** Why is exercise important?

**Lesson 6:** What have we learned about Health and Nutrition?

#### Key Vocabulary:

**Nutrition:** The process by which living organisms obtain and utilize food to support growth, metabolism, and overall health.

**Nutrients:** Substances in food that are essential for the body's growth, maintenance, and functioning, including carbohydrates, proteins, fats, vitamins, minerals, and water.

**Carbohydrates:** Organic compounds found in foods, such as sugars, starches, and fibres, that provide the body with energy.

**Sugars:** Simple carbohydrates that are quickly absorbed by the body to provide immediate energy; found naturally in fruits, vegetables, and dairy products.

**Protein:** Essential macronutrients made up of amino acids, necessary for building and repairing tissues, and supporting immune function.

**Vitamins:** Organic compounds required in small quantities for various bodily functions, including metabolism, immunity, and cell growth.

**Minerals:** Inorganic elements found in food that are essential for various bodily functions, such as bone formation, nerve function, and muscle contraction.

**Fibre:** Indigestible parts of plant foods that aid in digestion, help maintain bowel health, and regulate blood sugar levels.

**Fat:** A macronutrient that provides energy, supports cell growth, protects organs, and helps absorb certain vitamins.

**Water:** A vital nutrient that makes up a significant portion of the body, essential for maintaining hydration, regulating body temperature, and supporting all bodily functions.

#### Impact/Assessment

**Most Children will be able to:** • name the nutrients found in food • state that to be healthy we need to eat the right types of food to give us the correct amount of these nutrients • classify food into those that are high or low in particular nutrients • answer their questions about nutrients in food, based on their gathered evidence • talk about the nutrient content of their daily plan