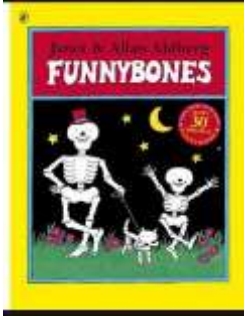


Healthy Eating Year 3 Knowledge Mat

Subject Specific Vocabulary		Sticky knowledge	Exciting Books
Diet	Food and drink that a person has.	★ The tongue is the strongest muscle in the human body.	
Skeleton	A firm structure of a living thing made from bones which support and protect internal organs.	★ The average human takes 20,000 breaths a day.	
Muscle	A type of body tissue which is made of thousands of small fibers.	★ Water takes up 50% of a human's body weight.	
Carbohydrate	A substance which breaks down into starch and sugars.	★ All fruits contain seeds e.g. Cucumber and tomato.	
Protein	A substance that is found in foods and needed to help you grow.	★ A can of coke contains ten teaspoons of sugar.	
Fat	A substance that gives you energy and helps you to feel full.	What I need to know about healthy eating	
Dairy	Food that is made from milk.	<input type="checkbox"/> Know where our food comes from (animals and plants)	
Vitamin	A substance that is necessary to make your body to be strong and healthy.	<input type="checkbox"/> Understand how the food and water we consume is used around our bodies.	
Nutrition	All the stuff that is in your food from all the food groups.	<input type="checkbox"/> Understand how a balanced diet is created and why it is so important for humans.	
Organs	Parts inside your body which each do a particular job.	<input type="checkbox"/> Knowing the importance of the skeleton and naming the different parts.	
		Important	