

Year 3 Nutrition

National Curriculum objectives

Pupils learn about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay.

Key Learning

- To find out how vitamins and minerals are part of a balanced diet and how they affect health

Key Vocabulary

Macro-nutrients: The food groups carbohydrates, protein and fat are also known as **macro-nutrients**.

Micro-nutrients: Vitamins and minerals that we need in small amounts to stay healthy.

Minerals: Chemical elements that our bodies need to work. Calcium, Iron, Zinc are examples.

Non-organic: Minerals are non-organic; they are not made by living things.

Organic: Vitamins are organic, which means they are made by living things – plants and animals.

Vitamins: Vital amino acids. Our bodies cannot make them, but they are vital to our health, so we get them as part of a healthy diet.

Equipment and Resources

- [Balanced Diet and Food Pyramid](#) - to display on the whiteboard
- [Balanced Diet and Portions](#) - to display on the whiteboard
- [Food Labelling poster](#) - to display on the whiteboard
- A packet of ready-salted crisps
- A cereal box for a breakfast cereal fortified with added vitamins and minerals
- Some salt
- Weighing scales that can weigh 2g
- Optional: other high salt food items for step 5 of the Conclusion section
- Optional: a loaf of bread fortified with added vitamins and minerals

Required Downloads (see lesson plan for links):

- Ailing Aliens cards - There are ten sheets for the aliens
- Mighty Micro-nutrients cards – There are ten pages

Key Questions

Do we need to add salt to food?

Where do minerals come from?

Why do some people need to take vitamin pills?

What might happen if we don't get enough micro-nutrients?

Safety

- Carry out sessions in a quiet area so that pupils can focus on their thoughts with minimal distraction.