



Broomwood Primary School Knowledge Organiser



LKS2 Animals including Humans: Nutrition: Where does our food come from? -Biology

Subject Specific Vocabulary		Memorable Image	Exciting Books	
Nutrition	Nutrition is the study of food and how it works in your body.			
Protein	Protein builds, maintains, and replaces the tissues in your body. The bodies organs and muscles are mostly made up of proteins.			
Carbohydrates	The body's major source of energy. There are two main types of carbohydrates - sugars (like fruits and sweets) and starches (like bread and pasta).			
Fruit	A fruit is a part of a flowering plant that provides natrual vitamins, minerals, fibre and antioxidants which promote good health and protect against disease.	Sticky Knowledge		
Vegetables	Vegetables grow on plants and provide a natural source of vitamins, antioxidants, fibre and water that reduce the risk of chronic diseases such as heart disease.	<p>I know the differences and similarities between Caribbean and British foods.</p> <p>I know what a balanced meal looks like and the nutritional benefits it gives me.</p> <p>I know what animals including humans need to stay healthy; water, exercise, air, sleep, warmth, balanced diet, social connections.</p> <p>I know that animals can't make their own food, they get nutrition from what they eat.</p> <p>I know the different food groups: meat and proteins, dairy products, fruit, vegetables, fats and sugars, cereals, grains and beans.</p> <p>I know what is meant by a balanced diet in terms of the food groups.</p> <p>I know some people have particular dietary needs: gluten intolerant and nut allergies.</p>	<p>My name is Jamie Oliver and I am a British chef who in 2005, revealed the problems with School dinners and prompted a healthier eating scheme for children.</p>	
Diet	The kinds of food that a person and animal habitually eat.			
Balanced Diet	A balanced diet means eating a variety of different foods from all five food groups to maintain a healthy diet.		<p>My name is Ruth Graves Wakefield and I am an American chef who invented the first ever chocolate chip cookie.</p>	
Intolerance	A food intolerance means either the body can't properly digest the food that is eaten, or that a particular food might irritate the digestive system.			
Allergy	An allergy is the name given to the reaction the body has to a particular substance.			
Vegan	A vegan is someone who doesn't eat or use animal products.			
Vegetarian	Vegetarians eat no meat at all, including poultry or fish.			
Pescetariana	A Pescetariana, is someone who doesn't eat meat including poultry however they do eat fish and other sea food.			
Energy	Food is a store of energy, transferred from the food to the consumer. 'Food energy' is measured in joules (J) or kilojoules (kJ.).			Previous Learning
Saturated fats	Fats that are generally solid at room temperature such as milk, cream, butter, cheese. They can be harmful to the body in large amounts because they can increase cholesterol in your blood increases your risk of heart disease and stroke.		<p><u>In EYFS:</u> I know the names of some fruits and vegetables and understand they are healthy. I know how to recognise and sort foods into healthy and unhealthy.</p> <p><u>In KS1:</u> I know and can describe the basic needs of animals, including humans for survival (water, food and air) I know and can describe the importance for humans of exercise, eating the right amounts of different types of food and hydiene.</p>	
Unsaturated fats	These are found in plant foods and fish. These fats are good for heart health.			