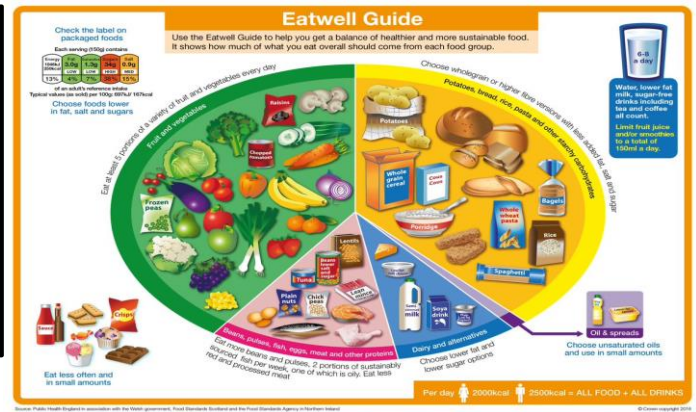


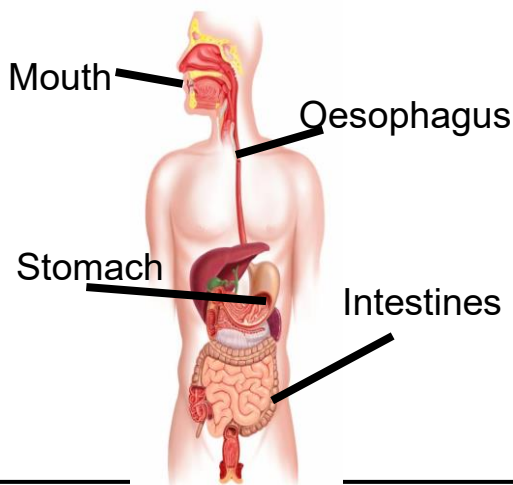
UU Year 3 and 4 Knowledge Organiser: SCRUMDIDDLYUMPTIOUS!

To recognise Healthy Eating: The Eatwell Guide shows the proportions in which different types of foods are needed for a well-balanced and healthy diet.

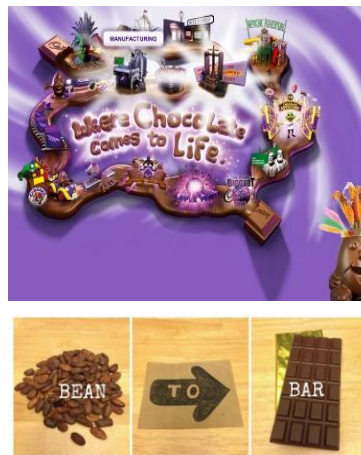
To understand that: A healthy diet is made from a variety of different food and drinks, as depicted in The Eatwell Guide.



To describe digestion: Energy and nutrients are absorbed from food by the body in a process called digestion.



Ideas to try: Plan a menu for a day that applies the principles of The Eatwell Guide.



To experience: A visit to Cadbury World helps us to understand the process of cocoa beans to bar! It inspires our DT project to design and create a new chocolate bar.

Do you know how chocolate is made?

To discuss: That the nutrients provided by the diet are released through the process of digestion.

A variety of food is needed in the diet because different food contains different substances that are needed for health. These are nutrients, water and fibre.

We need to know that: Vitamins and minerals are needed for general good health.

Some have special jobs:

- vitamin A is needed for night vision;
- vitamin C is needed for the maintenance of healthy skin;
- iron is needed for healthy blood;
- calcium is needed for the growth and maintenance of strong bones and teeth.



Main focus: In this topic we will focus on identifying 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.

Some key questions:

What are food journeys?

Or Food Miles?

Food origins. The Story of our Chocolate Journey - YouTube
This three-minute video explains how chocolate is grown, processed and transported.

<https://www.youtube.com/watch?v=PGaLWuLzHBU>

What is Fairtrade?

Fairtrade is a simple yet incredibly important idea. It's all about giving the people who produce the things you buy a fair price for their work.



Do we all have enough to eat?

Food, Glorious Food, from Oliver! Food, Glorious Food - Dailymotion A clip from the 1968 film, Oliver!

<https://www.dailymotion.com/video/xsiw3>

Extend your learning:

How much should we eat?

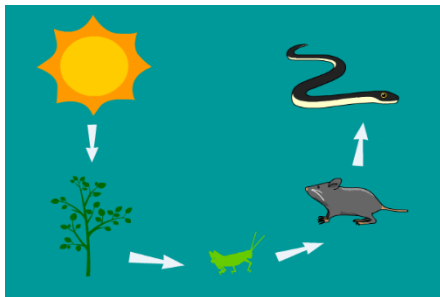
What should we eat and why?

Which foods are healthy/unhealthy?

What is a balanced diet?

Do all animals eat the same foods?

What is the food chain?



Where does our food come from?

Food from around the world Food around the world - BBC Food A tasty tour of different foods and favourite meals from around the world.

<https://www.bbc.co.uk/food/cuisines>

To be familiar with our key vocabulary

Nutrients: A substance that animals and plants take in so they can live and grow.

Minerals: A nutrient in food- calcium, iron, potassium and zinc, which helps the body to grow, stay healthy and fight illness.

Fair Trade: Giving a fair price and conditions for those who produce our food.

Vitamins: Foods contain vitamins such as vitamin A, B1, B2, B3, B12 and C that helps the body grow, develop and fight illness.

Carbohydrates: provide the body with energy.

Calorie: A unit used to measure the amount of energy a food provides.

Protein: from meat, fish, eggs is needed for building, repairing, and maintaining body tissues that makes up muscle and skin.

Processed: Foods that have been changed during their preparation. Not all processed foods are unhealthy.

