

# Nutrition

Unit Vocabulary – Join them up with the correct definition once you have learned it,

healthy	fats that give you energy, vitamins and minerals
nutrients	in a good physical and mental condition
energy	types of fats, considered to be less healthy, that should only be eaten in small amounts
Saturated fats	Eating a diet that has a mixture of different food groups
Unsaturated fats	Different categories of foods, based on their properties
Balanced diet	substances that animals need to stay alive and healthy
Food groups	strength to be able to move and grow

Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide <b>energy</b>
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide <b>energy</b>
vitamins		keep you <b>healthy</b>
minerals		keep you <b>healthy</b>
water		moves <b>nutrients</b> around your body and helps to get rid of waste



## Scientific Enquiries

1. What do humans need to be healthy?
2. Why is a balanced diet important?
3. Do animals need the same nutrients as humans to be healthy?

