








# Carr Head Primary School - Knowledge Organiser

Science

Health & Nutrition

Year 3

Autumn 1

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

## Key Vocabulary

<b>healthy</b>	in a good physical and mental condition
<b>nutrients</b>	substances that living things need to stay alive and healthy
<b>energy</b>	strength to be able to move and grow
<b>saturated fats</b>	types of fats, considered to be less healthy, that should only be eaten in small amounts
<b>unsaturated fats</b>	fats that give you energy, vitamins and minerals

## Quiz

- What does healthy mean?
- What is energy?
- What are nutrients?
- Why do humans need to drink water?
- What do carbohydrates provide?