

Carr Head Primary School - Knowledge Organiser

Science

Health & Nutrition

Year 3

Autumn 1

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

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

Quiz
1. What does healthy mean?
2. What is energy?
3. What are nutrients?
4. Why do humans need to drink water?