

Year 5 Healthy Eating

Previous Learning: Year 4 Animals, including Humans (Teeth and Eating)		
Words I need to know for this topic:		By the end of this topic I should know how:
Balanced diet	Eating a wide variety of different types of food from each food group. There are five main food groups; fruit and vegetables, starchy carbohydrates, fats and oils, proteins and dairy. Substances that are essential to health which are found in food. Materials found in food that are essential for health and do not contain carbon. A carbohydrate which our bodies cannot digest and helps us go to the toilet.	Describe the simple functions of the basic parts of the digestive system in humans. Understand that a balanced diet is required for a healthy body.
Food group		
Vitamins		By the end of this topic I should be able:
Minerals		To take measurements, use a range of scientific equipment, with increasing accuracy and precision, take repeat readings when appropriate To record data and results of increasing complexity using scientific diagrams and labels, classification keys, tables, scatter graphs, bar and line graphs To read, spell and pronounce scientific vocabulary correctly
Fibre		
Our Scientist is:		Anything else interesting I have learned:
Future learning: Year 6 Animals, including Humans (Keeping Healthy)		