

Food groups

Outstanding Science Year 3 - Animals, including humans - OS3B001

National Curriculum Statutory Requirements

3B1 - identify 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; **LKS2W4** - gathering, recording, classifying and presenting data in a variety of ways to help in answering questions;

Learning Objective



I can explain how many portions of food from different food groups we should eat in a day.

Me:   

Teacher:   

Food groups

Plants can make their own food using the energy from sunlight. However, animals, including humans, need to eat in order to stay alive.

Humans need to eat different types of food. We can place foods in five **food groups** according to how they help us to stay healthy.

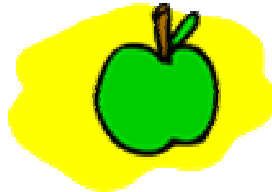
Bread, cereal and potatoes

This group is also known as the **carbohydrates** group. It includes bread, cereal and potatoes and also rice and pasta. This group helps us by giving us **energy** over a long period of time.



Fruits and vegetables

These foods help us because they contain **vitamins** and **minerals** - substances that we need to eat a small amount of every day. Fruits also contain some sugar.



Meat and fish

Meat and fish are full of **protein**, which helps us to build strong muscles. When we eat meat and fish, we are eating the muscles of animals and fish.



Milk and dairy

Foods in this group are all made from milk and include butter, cream, cheese and yoghurt. They contain **calcium**, which help us to build healthy teeth and bones.



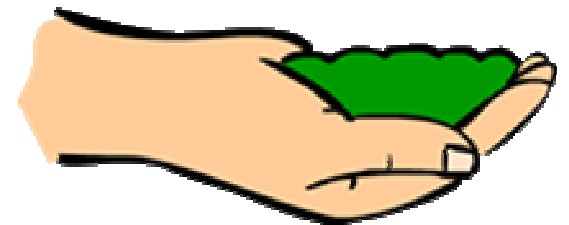
Fats and sugars

Foods in this group include cakes, ice cream and crisps. We don't need to eat foods from this group in order to survive because foods from other groups also contain fats and sugars.



Portions

It is important to eat the right amount of food from each food group. We can measure food using **portions**. A portion is the amount of food you can hold in your upturned hand. Adults have bigger hands than children so their portions are bigger.



Activity

Complete the table below by adding examples of foods to each food group. Use the information in the table to complete the pictogram.

Table showing the number of portions of food from different food groups that people should eat daily		
Food group	Daily portions	Examples
Bread, cereals, potatoes	9	
Fruits and vegetables	5	
Meat and fish	4	
Milk and dairy	3	
Fats and sugars	1	

Discussion

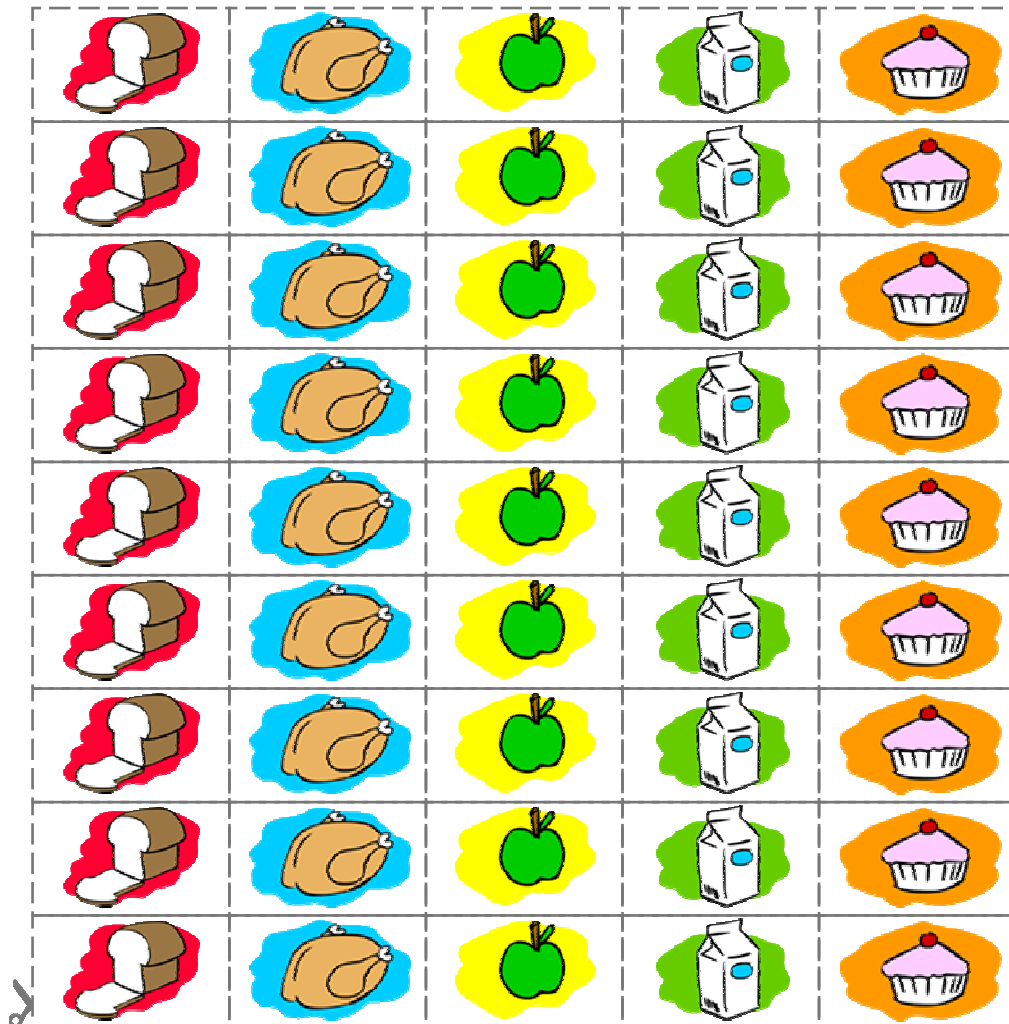
Some people are **vegetarians** - they do not eat meat or fish. Some people are **vegans** - they do not eat meat, fish or dairy products. What sort of foods could they replace their meat, fish and dairy with? What do these foods need to contain to keep the people healthy?

Pictogram showing the number of portions of food from different food groups that people should eat daily

Bread, cereals and potatoes	Fruits and vegetables	Meat and fish	Milk and dairy	Fats and sugars
Food group				

Images for pictogram

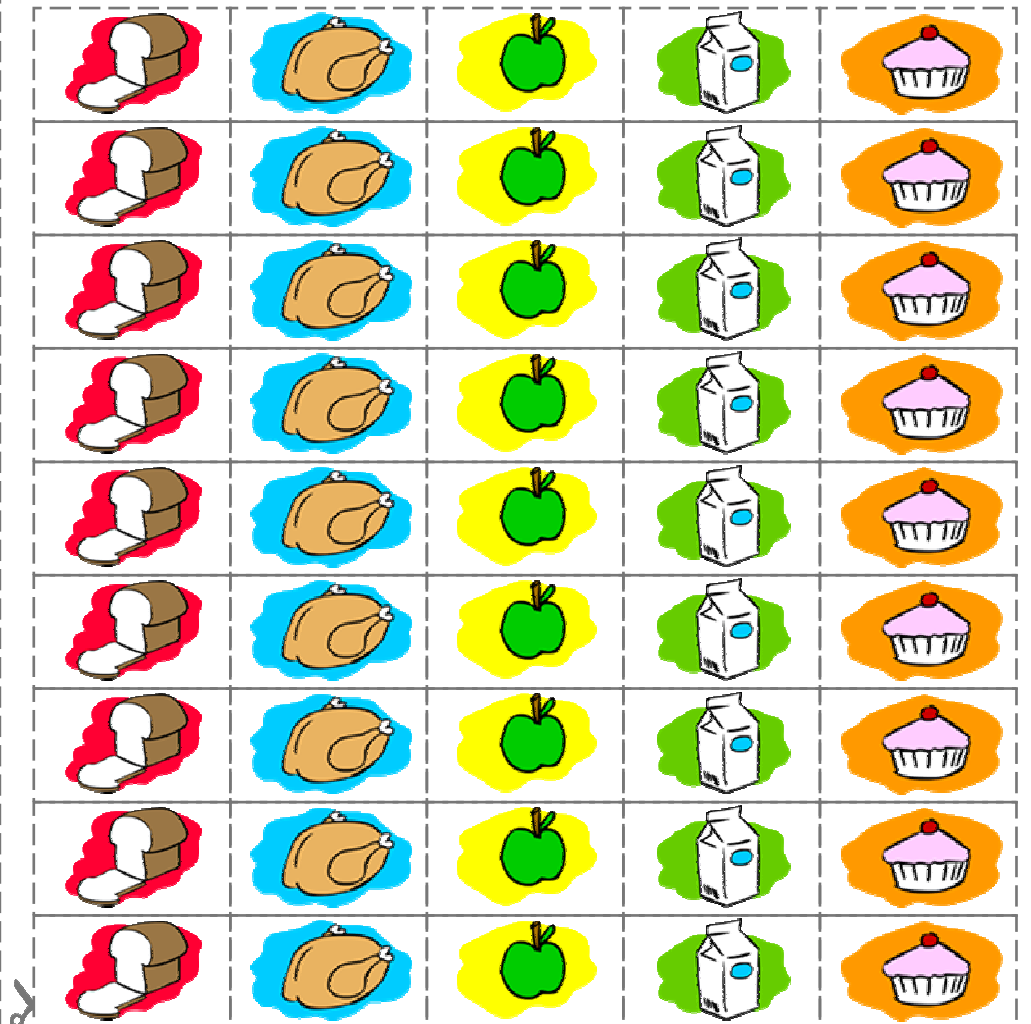
Cut out these images, or draw your own directly onto the pictogram. You won't need them all!



Teacher's note - there are two sets of resources on this page - enough for two pupils - in order to save on printing and photocopying costs.

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