

Science Knowledge Organiser

Nutrition and Diet



Step 1	Food groups
Step 2	Understand the five food groups
Step 3	Balanced diets
Step 4	Compare diets
Step 5	Animal diets

Key Vocabulary

carbohydrates
 proteins
 dairy products
 fats
 sugars
 fruit and vegetables
 balanced diet
 balanced meal
 nutrition
 Eatwell Guide
 vegan diet
 vegetarian diet
 pescatarian diet
 omnivorous diet
 herbivore
 carnivore
 omnivore

Key questions:

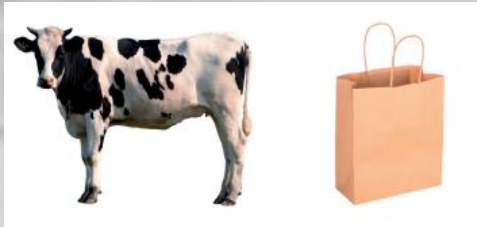
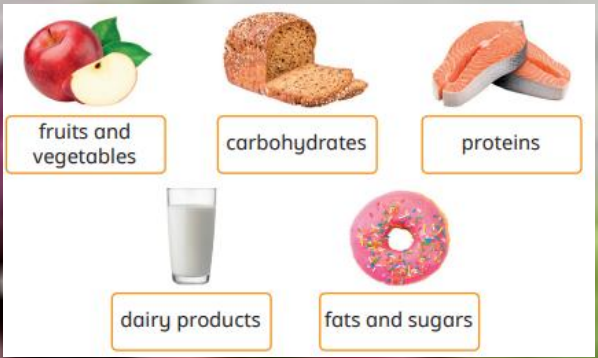
- What is a balanced diet and is it important?
- What is a fruit/vegetable?
- What do carbohydrates and fats provide the body with?
- What foods should you eat often?
- How are vegan and vegetarian diets similar?
- What is a carnivore?

vegan

vegetarian

pescatarian

omnivorous



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Food Waste

Step 1

What is food waste?

Step 2

How can we reduce our food waste?

Key Vocabulary

food waste

landfill

food waste
recycling

edible

inedible

Key questions:

- Where does the food we eat come from?
- What is food waste?
- What happens to food when it is thrown away?
- Why does it matter if food is thrown away?
- What are the problems with food waste?
- How can food waste be reduced?
- How does food waste affect the environment?
- What is food waste and how can it be reduced?
- How can food waste be reduced in school?
- Why is it important to reduce our food waste in school and at home?
- How can we reduce our food waste at home?

