

**Science Knowledge
Organiser**

Nutrition and Diet

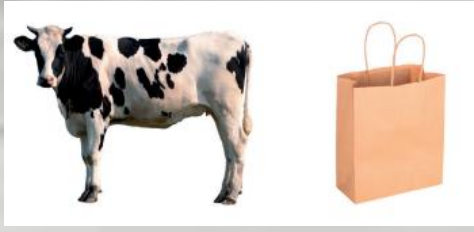


Step 1	Food groups
Step 2	Understand the five food groups
Step 3	Balanced diets
Step 4	Compare diets
Step 5	Animal diets

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?



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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?

