



KNOWLEDGE ORGANISER

SCIENCE: TAKE CARE

YEAR TWO

KEY KNOWLEDGE:

QUESTION 1: How can we sort foods?

ANSWER

Carbohydrates

This group contains starchy foods such as pasta, rice, oats, potatoes, noodles, yam, green bananas, sweet potato, millet, couscous, breads, breakfast cereals, barley and rye. Carbohydrates give us energy, calcium and B vitamins. Wholegrain ones give us lots of fibre to help keep the digestive system healthy. Many breakfast cereals also have extra iron.

Protein

This group contains meat, fish and eggs as well as vegetable protein, nuts, beans, peas, lentils, dahl, Quorn and soya. These foods give us protein, iron and some other minerals and vitamins. This helps the body to grow and repair itself. They are like building blocks for the body. Meat is a good source of iron.

Milk and dairy products

This group contains milk, yoghurt, fromage frais, milkshakes, cheese – both hard cheese and soft cheese including soft cheese triangles. These foods contain protein and calcium and some vitamins like vitamin B12, vitamin A and vitamin D. Dairy products keep your bones and teeth healthy.

Fruit and vegetables

This group includes fresh as well as frozen, tinned, dried and juices of fruits and vegetables. Fruit and vegetables give you lots of vitamins and chemicals called antioxidants which keep you healthy. These can even stop you getting some cancers. They also contain fibre to keep your digestive system healthy.

Fats and sugars

This group contains butter, margarine, cooking oils, cream, salad dressings, chocolate, crisps, sugary soft drinks, sweets, jam, cakes, pudding, biscuits and pastries. These foods give us a lot of energy (calories) but not many nutrients.

QUESTION 2: How can we stay fit?

ANSWER

- Teeth are very important and you need to take really good care of them, because they need to last you your whole lifetime
- Being in the sunshine is a complicated thing – too much sunshine and we burn our skin, too little and we miss out on vitamin D.
- To stay fit and healthy throughout your life it is really important that you eat a balanced diet every day.
- Sleep is one of the things that gives us the energy we need to get through the day – to run, jump, play, make new friends and have fun.
- To stay healthy it is really important that all members of the family wash their hands properly.

QUESTION 3: What is a healthy diet?

ANSWER

Too little food and you won't have enough energy, too much food and you will have too much energy – just the right amount of the right kind of food and you have a good balance.

What is a balanced diet?

- Just have a small amount of sugar and salt each day. Try to swap fizzy drinks for water, and don't have fizzy drinks before bed because it isn't very good for your teeth and it can keep you awake all night!
- Try to eat five portions of fruit and vegetables a day – or more if you can. Top tips: one portion is about a handful, and juice can only count towards one of your five a day.
- Foods like potatoes, bread, cereals, rice and pasta should make up about a third of the food you eat each day. These are a great source of energy. Try to include them at each of your three main meals each day – breakfast, lunch and evening meal.
- Milk, cheese and yoghurt are great sources of calcium which make teeth and bones strong. You need to make sure you have some every day.
- Meat, fish, eggs and beans give us protein, vitamins and minerals which help us grow strong and healthy – you need some of these every day too. Try to eat these foods at your two main meals each day and to try to have two helpings of fish a week.