



YEAR 3 Science – Healthy Bodies Knowledge Organiser



KEY WORDS

Digestion – the process of breaking down food to be absorbed into the bloodstream.

Health – complete physical, mental and social wellbeing.

Hydrate – to consume water.

Nutritional values of a crisp packet:



Carbohydrates –
rice, pasta, bread



Oil and fats –
butter, oil



Dairy – milk,
cheese, yogurt



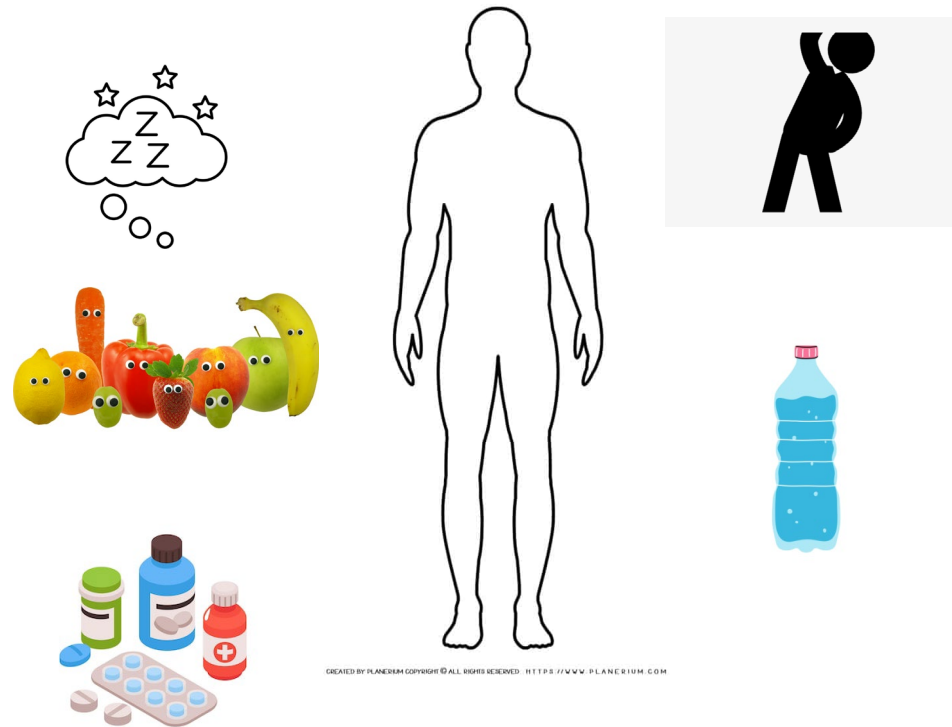
Protein – beans,
lentils, meat, fish



Fruit and
Vegetables



What is healthy for our bodies?



MEALS IDEAS

Ham and cheese sandwich

Spaghetti Bolognese

Jam on toast

Sausage, mash and veg

Beans on toast