

Animals Including Humans: Types of Nutrition

<p>Aim: Identify that they cannot make their own food; they get nutrition from what they eat by comparing how plants and humans obtain food.</p> <p>I can explain how living things obtain food.</p> <p>Identify that animals, including humans, need the right types of nutrition by examining food groups and nutrient groups.</p> <p>I can state why animals, including humans, need the right type of nutrients.</p>	<p>Success Criteria: I can demonstrate I understand the difference between how plants and animals obtain food.</p> <p>I can name the different food groups and know that the Eatwell Guide provides guidance on nutrition.</p> <p>I can explain what types of nutrients humans need.</p> <p>I know that different nutrients and balances of nutrients are required by different animals.</p>	<p>Resources: Lesson Pack Scissors Glue sticks</p>
	<p>Key/New Words: Plants, animals, humans, food, nutrition, food groups, Eatwell Guide, nutrients, vitamins, minerals, protein, carbohydrates, fibre, water, fats, repair, digest, saturated fats, unsaturated fats, carnivores, omnivores, herbivores.</p>	<p>Preparation: A3 copies of Food Groups Activity Sheet per group. Differentiated What Do Nutrients Do for Us? Activity Sheet per child.</p>

Prior Learning: Children will have learnt about healthy eating in their science learning in year 2.

Learning Sequence

	<p>Living Things and Food: Ask the children to discuss why living things need food. Children discuss and feedback to class. Reveal pictures and check if all the main reasons have been covered. Using the Lesson Presentation, explain that plants are able to make their own food. Ask children to consider what would happen to animals if they tried to obtain food in the same way as plants. Children discuss and feedback to class. Address any misconceptions. Do children understand the difference between how plants and animals obtain food?</p>	
	<p>Food Groups: What kind of foods do humans need? In small groups children label the sections from the Eatwell Guide using the Food Groups Activity Sheet. Reveal answers on the next slide. Children can mark another groups work. Using the Lesson Presentation, explain that the Eatwell Guide provides guidance on how people can make choices about what they eat. Can children name the different food groups?</p>	
	<p>Types of Nutrients: Using the Lesson Presentation, explain what each of the nutrients are, share examples of foods which provide a good source of each nutrient and what each provides for human beings. Explain too that within each food group, there are many foods which contain more than one type of nutrient.</p>	
<div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"> <p>Children draw lines to match the nutrients with what they do.</p> </div> <div style="text-align: center;"> <p>Children cut out and match the nutrient type and why we need it. They give another example of food for each category in the blank box.</p> </div> <div style="text-align: center;"> <p>Children cut out and match the nutrient type with the reason why we need it and the type of food we would get it from. They also provide an additional example of a food which provides each nutrient in the blank box.</p> </div> </div>	<p>What Do Nutrients Do For Us? Children work independently on the What Do Nutrients Do for Us? Activity Sheets. Can children explain what types of nutrients humans need?</p>	
	<p>Nutrients for Animals: Using the Lesson Presentation, explain that different animals require different types of nutrients in different amounts. Whether an animal is a carnivore, herbivore or an omnivore can give some clues about the types of nutrients that will feature highly in their diets but animals' diets within each of these categories still vary significantly. Do children know that different nutrients and balances of nutrients are required by different animals?</p>	
	<p>Share What You Know? Challenge the children to talk for a minute to their talk partner about what they have learnt about human and animal nutrition in this lesson. After a minute, swap who is the speaker. Word prompts are provided on the Lesson Presentation.</p>	

Taskit

Researchit: Find out what nutrients different plants and animals need.

Writeit: Complete a nutrient diary for a week.

Readit: Examine food packages to see the nutrients they provide and record on the [Food Packet Nutrients Activity Sheet](#).