

3th GRADE MINIMUM CONTENTS

UDI 1: OUR BODY. FOOD & NUTRITION (5)

► FOOD AND NUTRITION

Our body needs food to **help us grow, keep us healthy and give us energy**. It is important to eat a **healthy, balanced diet**.

A *healthy diet* includes nutrients from all the food groups. A *balanced diet* includes the right amount of food from each group.

We also need to drink six to eight glasses of **water** a day. The **food groups** are:

1. Pasta, rice and bread.
2. Butter and oils.
3. Meat, fish and eggs.
4. Milk, yoghurt and cheese.
5. Fruits.
6. Vegetables

We need to eat five **meals** every day:

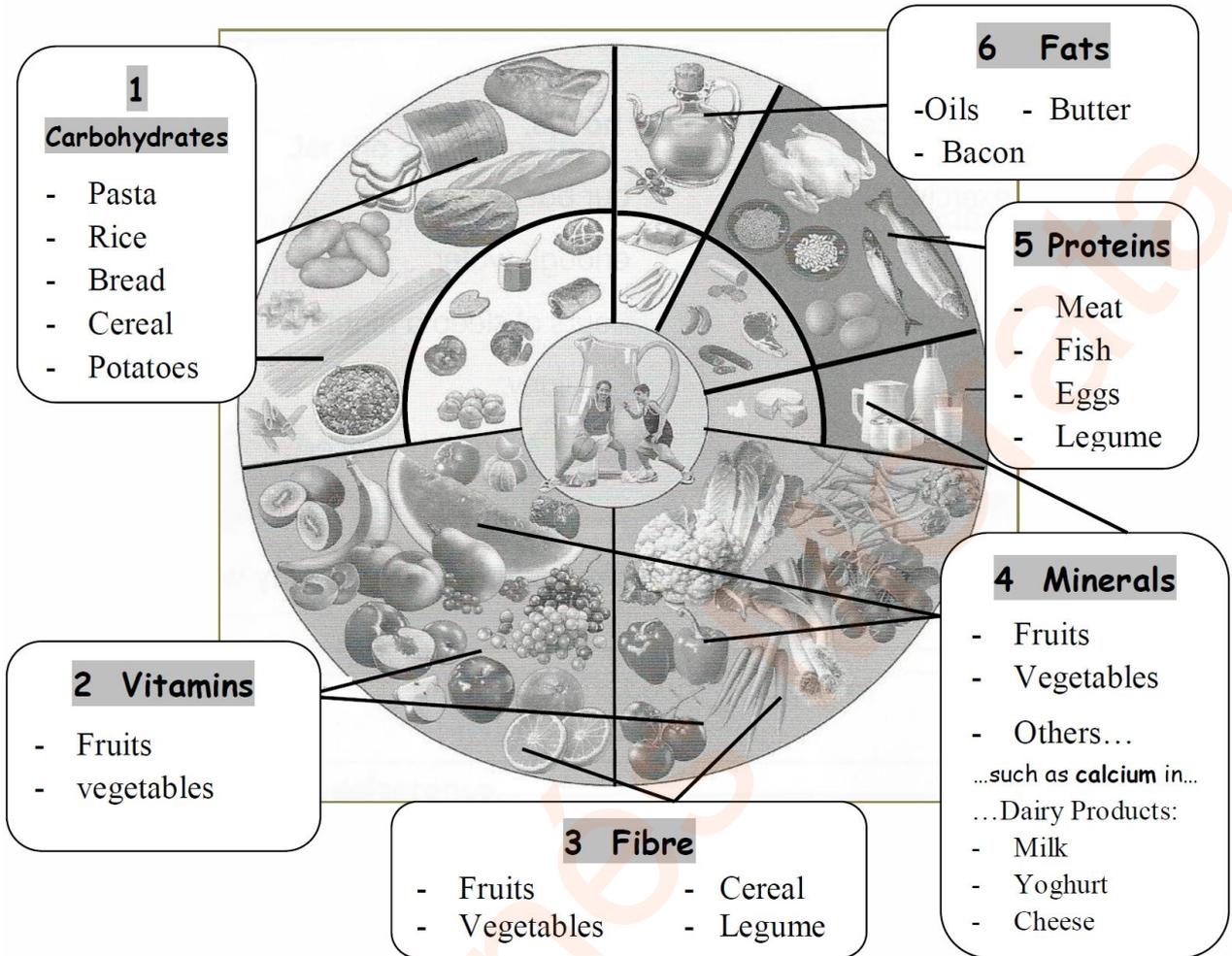
1. Breakfast.
2. A mid-morning snack.
3. Lunch.
4. A mid-afternoon snack.
5. Dinner.

It is important to eat the correct **amount** of food. If we don't eat enough food, we **lose weight**. If we eat too much food, we **put on weight**.

Food contains the nutrients that our body needs. Nutrients help us grow, keep us healthy and give us energy. The nutrient groups are:

1. Fats
2. Carbohydrates
3. Proteins
4. Minerals
5. Vitamins
6. Fiber

We can use the **food wheel** to help us eat a healthy, balanced diet. We need to eat a lot of foods from the big sections and less foods from the small sections.



1.- Carbohydrates give us energy. We need to eat a lot of carbohydrates. Foods like **pasta, rice, bread, cereal** and **potatoes** contain carbohydrates.

2.- Vitamins keep us healthy. There are many different vitamins. **Fruits** and **vegetables** contain vitamins. We need to eat a lot of vitamins

3.- Fibre helps our stomach to work properly. **Fruits, vegetables, cereal** and **legume** contain a lot of fibre.

4.- Minerals keep us healthy. **Fruits, vegetables** and **others**, such as dairy products, contain minerals. *Dairy products* such as milk, yoghurt and cheese contain *calcium* to keep our bones and teeth strong.

5.- Proteins help us grow. Foods like **meat, fish, legume** and **eggs** contain proteins.

6.- Fats give us extra energy, but we should not eat a lot of fats. Foods like **butter, bacon** and **oils** contain fats.

UDI 1: OUR BODY - FOOD & NUTRITION (5)

ACTIVITIES

1.-True or false? Copy and correct the false sentences.

- a. We should not eat a lot of fats(_____)
- b. Carbohydrates give us energy (_____)
- c. Proteins help us grow up (_____)
- d. Vitamins and minerals are important in our diet (_____)
- e. We should not eat a lot of carbohydrates (_____)
- f. We need fats to keep our teeth strong (_____)

2.-Use the colour key and circle the words. Then, underline the foods we should eat less often.

Give us energy -- RED

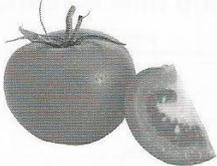
Help us grow -- BLUE

Keep us healthy -- GREEN

Sardines yoghurt grapes eggs rice olive oil pasta bacon

Milk carrots bread butter strawberries lettuce cheese

3.-Find and circle four nutrients. Then, write them under the correct picture.

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• Which main nutrient is missing in the word search? _____.

4.-How much should you eat? Write more or less.

- a. If you are overweight, you should eat _____.
- b. If you are underweight, you should eat _____.
- c. If you do a lot of exercise, you should eat _____.
- d. If you are old, you should eat _____.
- e. If you are young, you should eat _____.

5.-Complete your bilingual dictionary.

N U T R I T I O N		
- Food wheel: _____ _____	- Dairy products: _____	- Keep healthy _____
- Fats: _____	- Balanced diet: _____	- Help grow _____
- Legume: _____	- Healthy diet: _____	- Give energy _____
- Butter: _____	- Amount: _____	- Be underweight / overweight _____
- Oil: _____	- Lose weight: _____	
- Snack: _____	- Put on weight: _____	