

Year Three Knowledge Organiser: D&T Nutrition - Quick Quizzes

Explain the meaning of the words below

Carbohydrates	
Dairy	
Diet	
Processed food	
Reared food	
Vitamins	

The Eatwell Guide – label the five main food groups



Tick the correct box

Our bodies are mostly made up of water	True	False
Potatoes are part of the vegetable food group	True	False

A 'portion' means	
How much food you can eat until you are full	
The amount of food that fits in your hand	
A small bowl of food	

'Seasonality' means	
Your favourite season	
You only eat food available in tins and packets	
How the seasons affect the food available	

