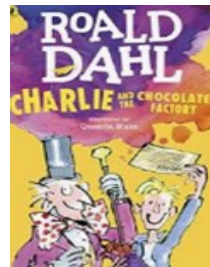


Knowledge Organiser– Scrumdiddlyumptious

Subject Specific Vocabulary	
Calorie	A unit used to measure the amount of energy a food provides.
Citrus fruit	A family of fruits that contain lots of vitamin C including oranges, grapefruits, limes and lemons.
Fat	A nutrient in food that gives the body energy, keeps the body warm and protects the organs.
Fibre	A type of carbohydrate found in plant-based foods that helps the digestive system work properly.
Nutrient	A substance that animals and plants take in so they can live and grow.
Sugar	A substance found naturally in some foods, such as fruit, or added to foods to make them taste sweet.
Vitamin	A nutrient in food such as vitamin A, B1, B2, B3, B12 and C that helps the body to grow, develop, stay healthy or fight illness.
Scurvy	A disease resulting from a lack of Vitamin C
Fair Trade	A way of buying and selling products that allows the farmers to be paid a fair price for their produce, and have better working conditions.
Cocoa Bean	Cocoa beans are little beans found in the pods that grow on cacao (cocoa) trees

Facts
Food gives all animals the energy they need to survive. Energy is needed to make muscles move and keeps body systems working well. It is also needed by the body to fight off illness and recover after injury.
A food group is a collection of foods that provide similar nutrients, such as vitamins, minerals, proteins and carbohydrates.
Food labelling tells shoppers what is inside the foods they buy. The words and the colours on the food labels tell the shopper whether the amounts of fat, sugars and salt are low (green), medium (amber) or high (red) and how much energy or calories the food contains.
Fair trade and farming: The food that people buy comes from all over the world. Sometimes, farmers in countries across the world get paid very little for the food they grow or rear. Fairtrade is a worldwide movement that works with farmers and supermarkets to make sure farmers get paid and treated fairly.
James Lind (1716-1794) James Lind was a ship's surgeon. He worked with sailors who were suffering from an illness called scurvy. Sailors with scurvy were tired, their joints and muscles were weak and achy and they felt irritable and miserable. Their gums bleed and many lost their teeth. James Lind discovered that scurvy was caused by a lack of vitamin C in their diet and eating citrus fruit containing this vitamin could cure the disease.

Exciting books



The Fairtrade logo



Fruit bowl



Significant figure : James Lind



Eat Well Guide



Smoothies



Each grilled burger (94g) contains					
Energy	Fat	Saturated	Sugars	Salt	
924kJ	13g	5.9g	0.8g	0.7g	
220 kcal	11%	19%	30%	<1%	12%
of an adult's reference intake					
Typical values (as sold) per 100g: Energy 966kJ / 230kcal					

Visits

