

## Food - A balanced diet

|               |  |
|---------------|--|
| Alternative   | Changing an ingredient to something different. For example using diet cola instead of full sugar cola or eating a piece of fruit instead of a bag of crisps. |
| Diet          | The food and drink that a person or animal usually eats.   |
| Balanced diet | Eating a variety of foods from all five different food groups.   |
| Evaluation    | When you look at the good and bad points about something, then think about how you could improve it.   |
| Expensive     | Something that costs a lot of money.   |
| Healthy       | When everything in your body and head feels good.  |
| Ingredients   | Items that make up a mixture e.g. foods that make a recipe.  |
| Nutrients     | Substances in food that all living things need to make energy, grow and develop.   |
| Packaging     | The packet or container, which holds a product safe, ready to be sold. It has information on about the product.  |
| Refrigerator  | A large kitchen appliance that keeps food and drink cold so that it will keep fresh for longer.  |
| Sugar         | An ingredient which is used to make food taste sweet. It comes from the sugar cane plant or from sugar beet.   |

## Key facts

The five different food groups are:

1. Carbohydrates
2. Fruits and vegetables
3. Protein
4. Dairy
5. Foods high in fat and sugar



**Hidden sugars:** Many unexpected food products can have high amounts of sugar such as pasta sauces and fizzy pop.

A jar of tomato pasta sauce



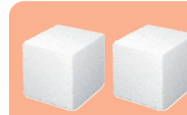
20 grams

One plain white bagel



6 grams

One granola bar



8 grams

Fruit fromage fraais pot



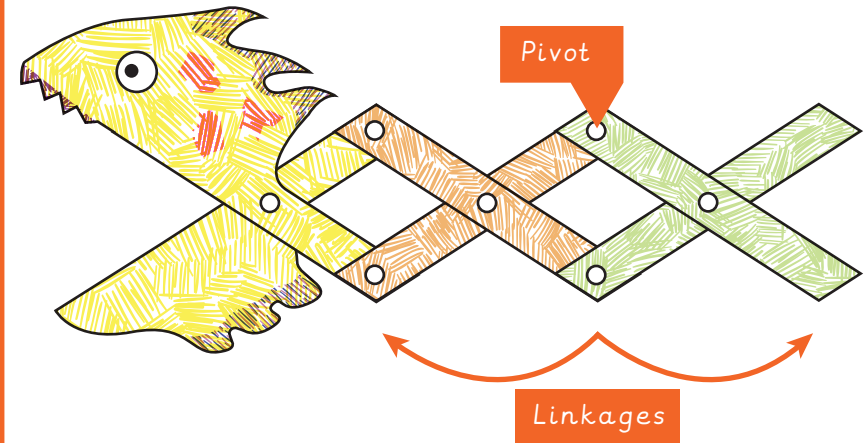
10 grams

## Mechanisms - Making a moving monster

|                 |   |
|-----------------|---|
| Design criteria | A set of rules to help designers focus their ideas and test the success of them.  |
| Evaluation      | When you look at the good and bad points about something, then think about how you could improve it.                                    |
| Input           | The energy that is used to start something working.   |
| Linkage         | Lengths of material (for example, metal or card) that are joined together by pivots, so that the links can move as part of a mechanism. |
| Mechanical      | Something that can move because several pieces work together like a machine.  |
| Mechanism       | A collection of parts that work together to create a movement, eg: a bicycle.   |
| Output          | Output is the motion that happens as a result of starting the input.  |
| Pivot           | The central point, pin, or shaft on which a mechanism turns or swings.  |
| Survey          | To ask a group of people questions about something and to use their answers to make improvements.                                       |

## Key facts

### Moving monster



What materials could you use to represent fur, scales and claws?

## The four types of motion:



**Linear motion**  
Movement in a straight line in any one direction.



**Reciprocating motion**  
Movement in a straight line, back and forth, in any direction.



**Rotary motion**  
Movement in a circular motion.



**Oscillating motion**  
Movement in a curve, back and forth.



## Structures - Baby bear's chair

|           |  |
|-----------|--|
| Function  | How something works.   |
| Man-made  | Made by people.  |
| Mould     | To form different shapes out of soft, squishy materials.   |
| Natural   | Found in nature e.g. spider's web, sheep's wool.   |
| Stable    | Object does not easily topple over.  |
| Stiff     | A material or object that does not bend easily (e.g. wood).  |
| Strong    | Something that is not easily broken (e.g. wood, brick, building).  |
| Structure | Something that has been made and put together and can usually stand on its own (e.g. a building, a bridge, a chair). |
| Test      | To find out whether something works as it should.  |
| Weak      | Something that is easily broken (e.g. paper, egg shells).  |

Natural Objects



Man-made Objects



## Key facts

Often structures have a certain function, they are made to do something. e.g. Chairs are for sitting on.



They should be **stable**, **strong** and comfortable.  
Was baby bear's chair **stable** and **strong**?

