

Year 4 Knowledge Organiser –

How Our Food Affects Our Bodies and Our Planet

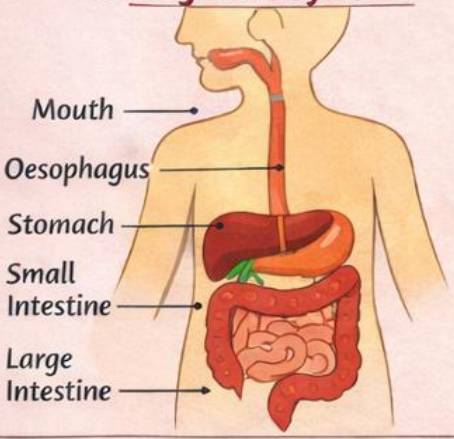
Enquiry Question: How does our food affect our bodies and our planet?

Science: Food and Our Bodies

Teeth



Digestive System



Food gives us energy & nutrients

Geography: Where Our Food Comes From

Climate Zones

- Tropical
- Temperate
- Cold



Farming & Trade



- Import & Export
- Food Miles
- Environment

Design & Technology: Healthy, Sustainable Meals



- Measure & Weigh
- Follow a Recipe
- Use Utensils Safely
- Practise Hygiene



Parent / Carer Follow-Up Ideas

- Talk about where food comes from and **food miles**
- Cook simple recipes, measuring & practising **hygiene**
- Discuss inspiring people and values



Key Vocabulary

- Agriculture** – Raising crops and animals
- Climate** – Usual weather in a place
- Economy** – Money & resources
- Environment** – Natural world around us
- Export** – Send goods out of a country
- Hygiene** – Keeping clean and healthy
- Import** – Bring goods into a country
- Irrigation** – Watering crops
- Plantation** – Large farm for crops
- Production Chain** – Steps to make a product
- Recipe** – Instructions for cooking
- Utensil** – Kitchen tool



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