

Knowledge Organiser

Y3

Health and Wellbeing
You are what you eat!

The History of Bread

8000BC	600BC	450BC	410AD	1834AD	1900AD	1912AD
Bread is eaten in the Middle East. It was very flat.	Windmills were invented so that grains could be ground smaller.	The Romans invented white bread	Bread became a staple part of the Saxon diet.	A wider variety of breads became available.	Bread becomes whiter and softer and could last longer.	The making of bread was industrialised.

Bananas

Bananas are grown in the Caribbean, Africa, China and India.



Cocoa Beans

Cocoa beans are grown in South America and Africa.



Potatoes

Potatoes are mostly grown in China, India and Russia.



Bread

Bread comes in a variety of forms.



Fruit and vegetables

Bread, rice, potatoes, pasta and other starchy foods



Meat, fish, eggs, beans and other non-dairy sources of protein

Milk and dairy foods

Food and drinks high in fat and/or sugar



Food Through Time

The Romans ate food that they could grow and farm but they also imported food from other countries. They drank lots of wine and ate meat, fish, vegetables, eggs, cheese, grains (also as bread) and legumes.

The Anglo-Saxons ate what they grew. They ate a lot of cereals, vegetables and fruit. These would all be grown in England. They also ate meat that they could farm. Foods from other countries, such as potatoes, pineapples and bananas, were unheard of to the Anglo-Saxons. They were mostly vegetarians because meat was expensive. Bread was a staple part of their diet but was used as a sign of their wealth.

During the Stone Age, they ate the food they could hunt and gather. They would hunt for animals and fish that they would cook over a fire. They also gathered edible plants, eggs, berries and nuts.

Now, we eat a wide variety of foods that are both grown in the United Kingdom and imported from other countries around the world. Almost all of the foods we eat are farmed or produced in a factory. Many people eat a lot of bread, pasta, rice, sugar, fruit and vegetables. Some of the foods we import can be grown in this country as well but produce like bananas cannot.

WOW words

Origin	The beginning of something or where something comes from
Locate	Where you can find something
Produce	Naturally sourced products.
Nutrition	What you need to be healthy
Staple	A key component of a diet