

# SCRUMDIDDLYUMPTIOUS

## What do I need to know?

1. There are 5 main food groups: **proteins, carbohydrates, fruit and vegetables, dairy** products and foods high in **fat and sugar**.



2. **Scurvy** is a disease which is caused by a lack of **vitamin C**.

3. **Vitamin C** can be found in **citrus** fruits, including oranges and lemons.

4. **James Lind** was born in **Edinburgh** in **1716**.

5. James Lind was the first to use experiments, called **clinical trials**, to discover a **cure for scurvy**.

6. James Lind experimented on **HMS Salisbury** by giving different food to **12 men**, such as **cider, vinegar and oranges**.

7. It took **40 years**, after James Lind's experiments, for all ships to be given the order to carry **lemon juice** to help prevent scurvy.



8. **Giuseppe Arcimboldo** was a painter born in **Milan** in **1527**.

9. He painted portraits using different objects, including **books, fish, flowers, fruits and vegetables**.

10. His paintings were part of the **Mannerism period**, which showed both **humans and nature together**.

### Glossary

**Carbohydrate:** The main source of energy for the body.

**Clinical trials:** Experiments using people to test different ideas to solve a problem.

**Dairy:** Gives the body calcium, which we need for strong bones and teeth.

**Fat:** Can be used as fuel for the body but too much fat can be unhealthy.

**Protein:** Helps to build and strengthen muscles and organs in your body.