

Science - Animals Including Humans

L.O. To understand the importance of a nutritious balanced diet.



Vocabulary

Nutrition, balanced diet, carbohydrates, fats, proteins, fibre, minerals and vitamins, healthy

To keep healthy and grow, humans need food, water, exercise and rest. As humans we need to eat a healthy balanced diet.

Websites

<http://www.bbc.co.uk/learningzone/clips/2289.html>

Activity

1. Look at the list of foods and put them in the correct category eg.

Fruit and vegetables - apple

Dairy - milk

Carbohydrates – spaghetti,

Meat and fish - chicken

Fats and sugars – crisps

Bananas, rice, chocolate, cake, butter, yogurt, biscuits, sausages, steak, carrots, cabbage, cheese, bread, potatoes, tuna,

Have a look in your cupboards at home to add a few of your own examples.

2. Think about the role the different food groups play in keeping our bodies healthy, e.g. meat and fish provide protein that help us grow and help our bodies repair themselves.

Have a look at the food pyramid below, showing the different food groups and the amount of food from each food group humans should eat in a day to have a balanced diet.

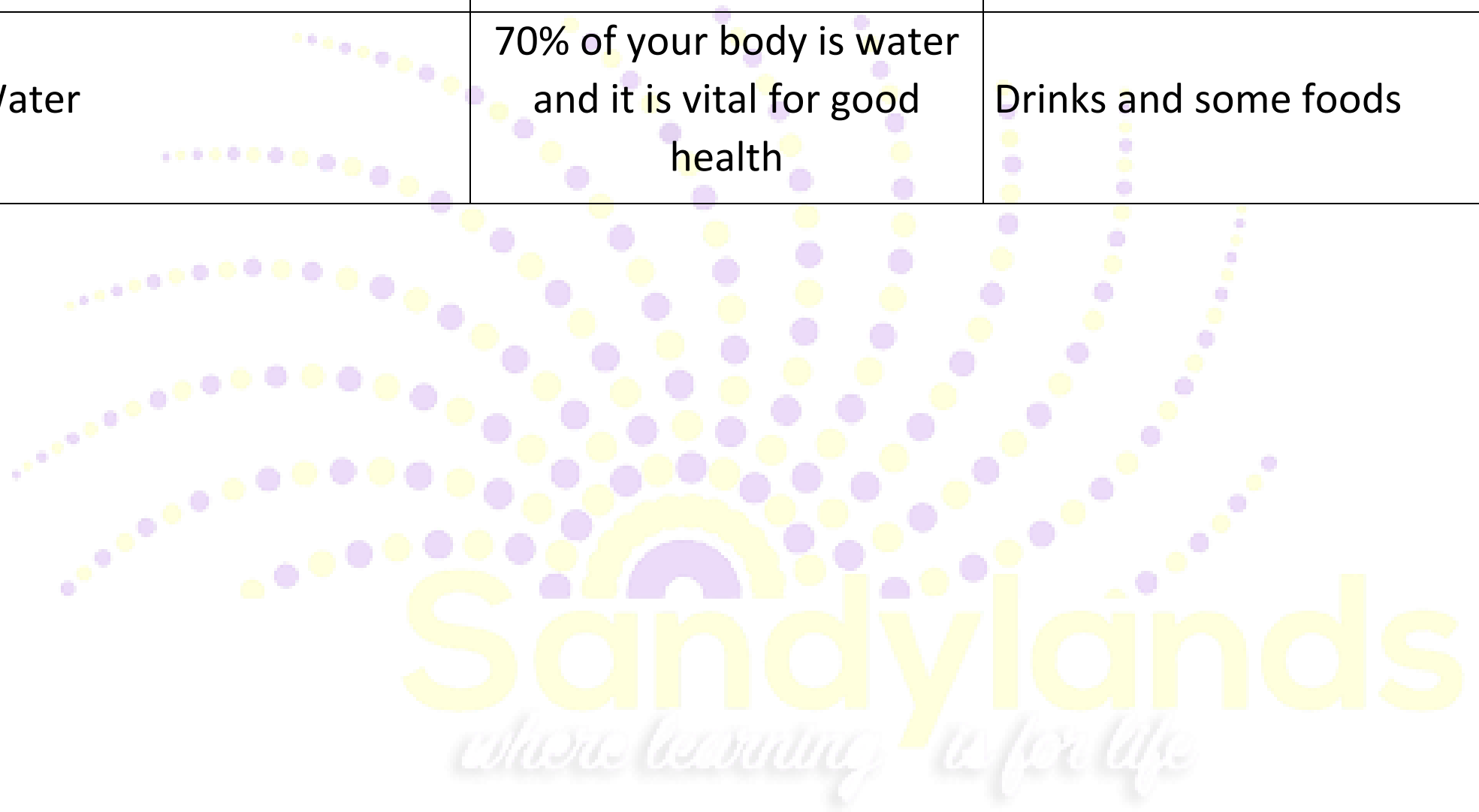
Now think about the food you have eaten in the last 24 hours and try to place them in your own pyramid.

Sandylands
Primary School

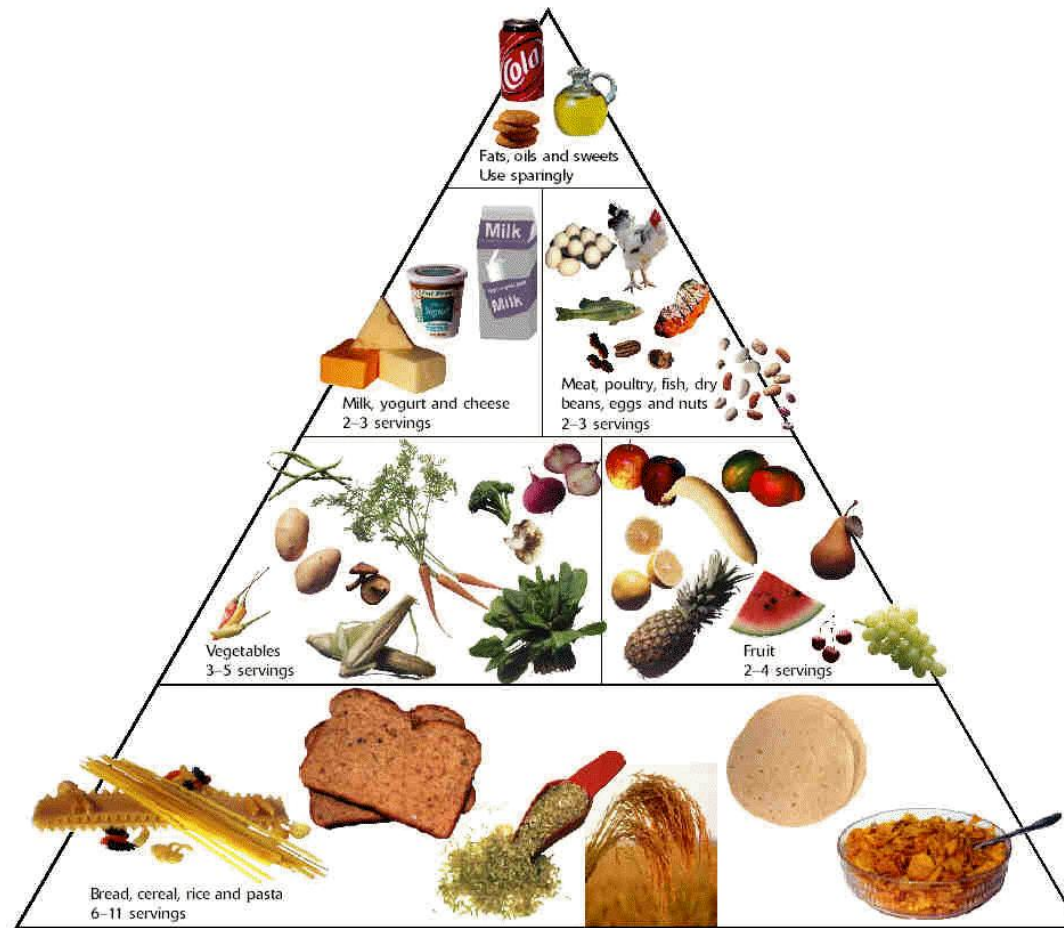
Food Group Vocabulary

What are they called?	What do they do?	Where are they found?
Carbohydrates 1) Starches	They give you energy	Bread, cereals, pasta, rice
Carbohydrates 2) Sugars		Biscuits, sweets, cakes
Proteins	They help you to grow & your body to repair itself	Meat, fish, dairy products, dry beans and eggs
Fats	They provide energy and help to build up your body	Milk, cheese, butter, cooking oil and some meat
Fibre	It helps you digest your food	Wholegrain bread, cereals, fruit and vegetables

Vitamins and minerals	They build healthy cells	Fresh vegetables and fruit
Water	70% of your body is water and it is vital for good health	Drinks and some foods



The food pyramid – a guide to a balanced diet



ids