

Wednesday 13th January 2021

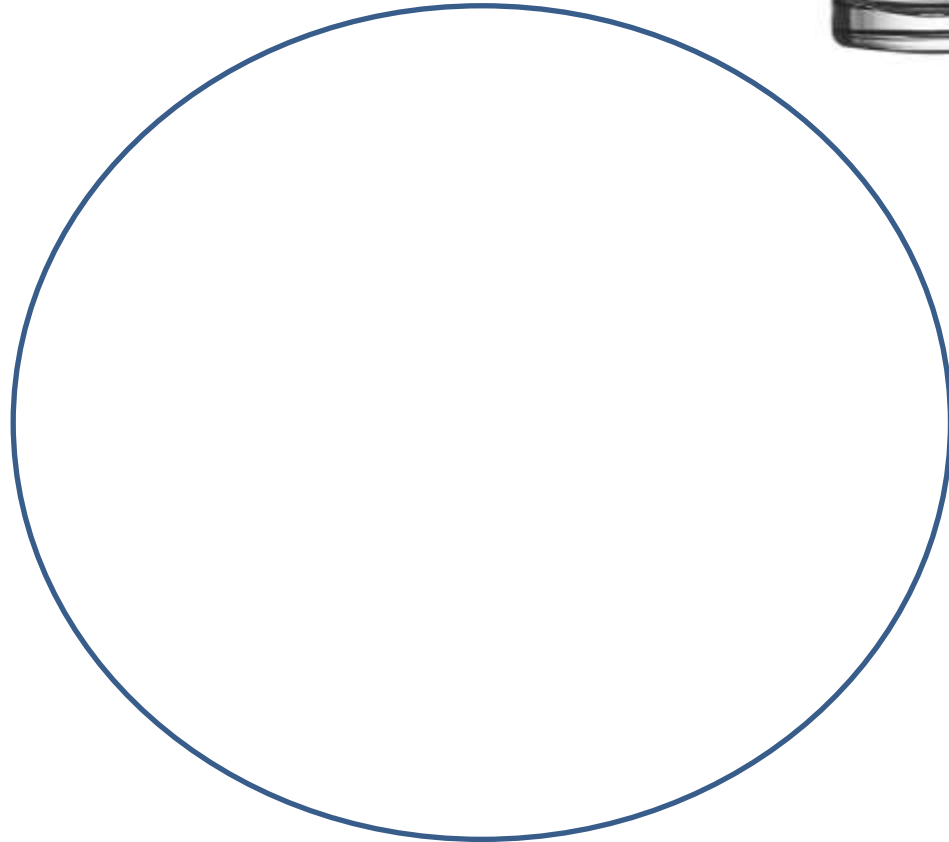
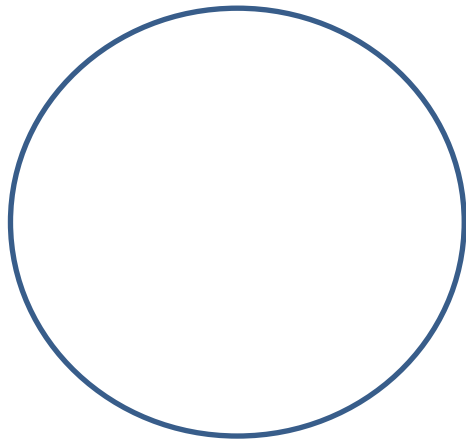
LI: To identify sources of
nutrition for humans

What do we need to eat to be healthy and grow?

<http://www.bbc.co.uk/education/clips/zytjmp3>

What did you eat for lunch?

Draw the food and label it below.



What do you think the 5 different food groups are?

List them before you click again. Were you right?

*carbohydrates,
proteins,
fats,
fibre,
minerals and vitamins*

Carbohydrates can be split into two groups:

Carbohydrates - starch



Slow energy release.

Carbohydrates - sugar



Fast energy release

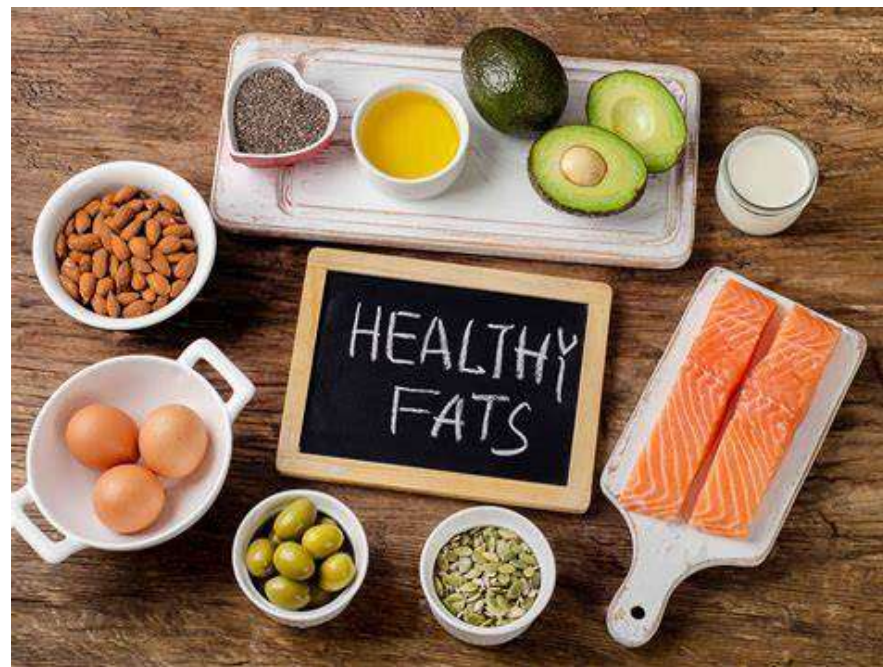
Protein



FATS AND OILS



Unhealthy Fats



Fibre



Vitamins & Minerals



Vitamin- A



Vitamin- B



Vitamin- C



Vitamin- D



Calcium



Iron

Activity:

Match your lunch to the different food groups. Write the name of each food under the correct food group.

Carbohydrates

proteins

fats

fibre

vitamins and minerals

Balanced Diet

[What is a balanced diet? - BBC Bitesize](#)

[What is a healthy diet? - BBC Bitesize](#)

What do these food groups do for us?

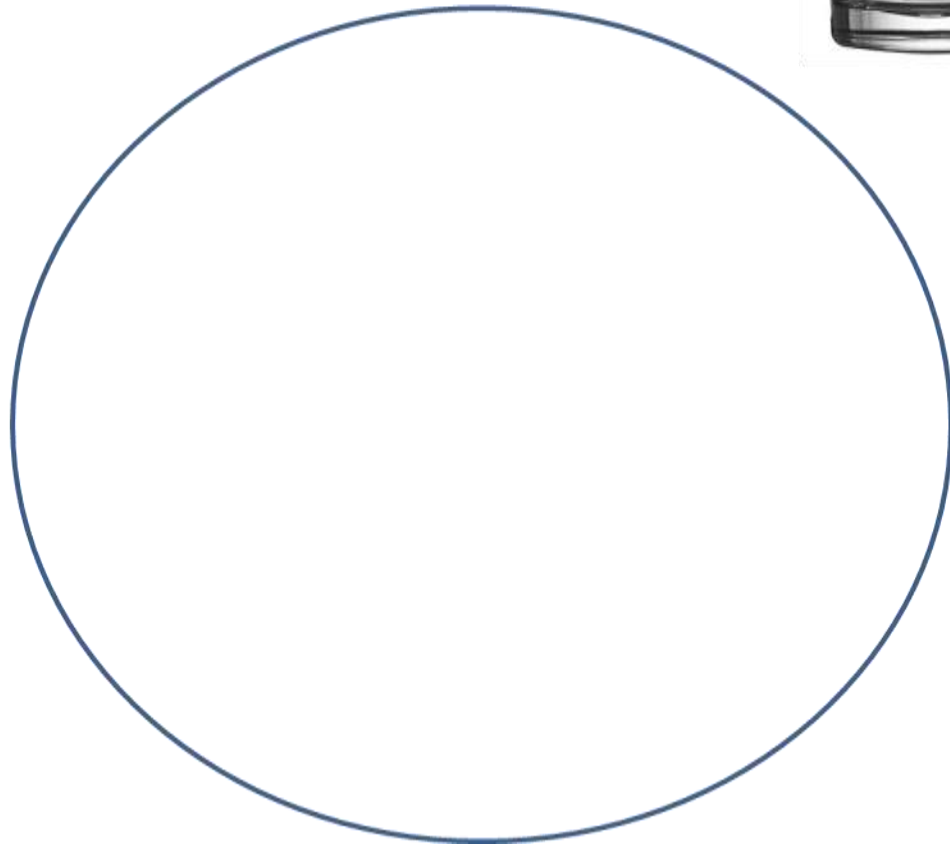
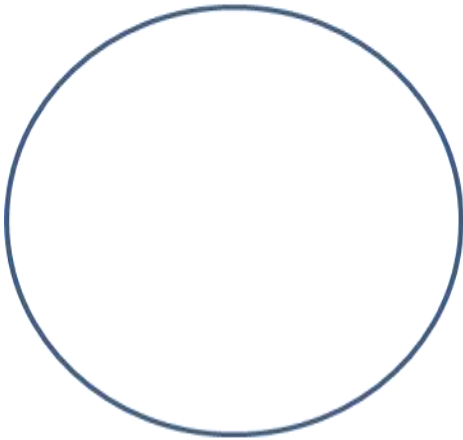
Carbohydrates 1) Starches	→	They give you energy
Carbohydrates 2) Sugars		
Proteins	→	They help you to grow & your body to repair itself
Fats	→	They provide energy and help to build up your body
Fibre	→	It helps you digest your food
Vitamins and minerals	→	They build healthy cells
Water	→	70% of your body is water and it is vital for good health

Activity:

Was your lunch a balanced meal?

How could you improve it?

Using the healthy plate guide on the next slide, draw your improved lunch and explain why it is better.



Fruit and vegetables

Bread, other cereals and potatoes



Meat, fish and alternatives

**Foods containing fat
Foods and drinks containing sugar**

Milk and dairy foods