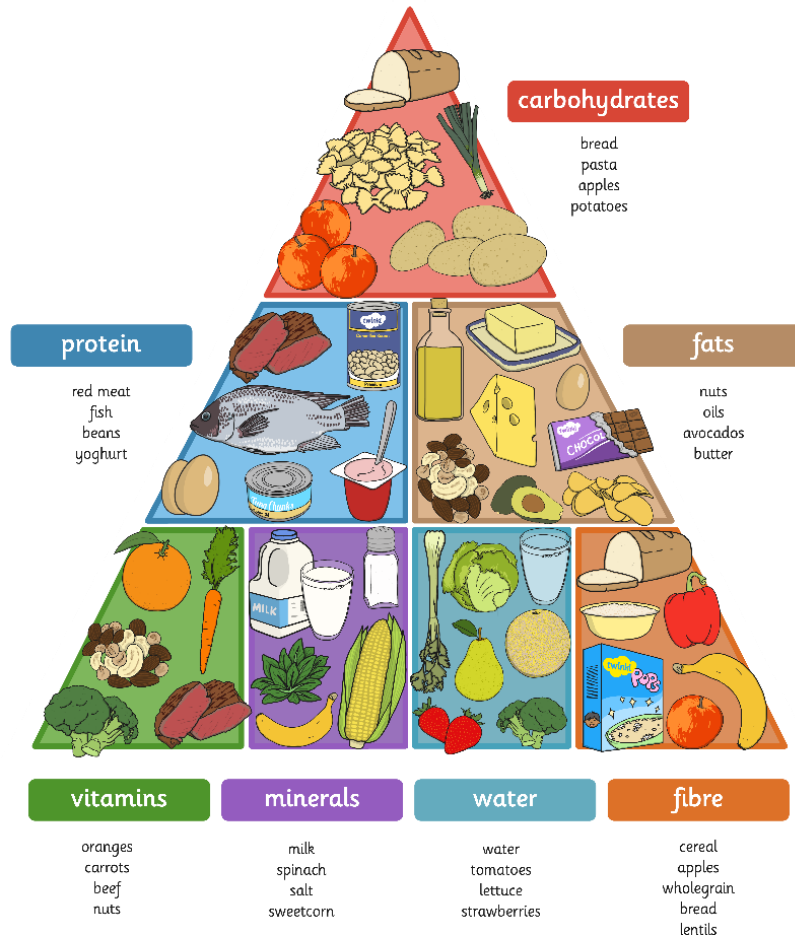


Lesson 4

LO: identify that animals, including humans, need the right types and amount of nutrition and that we get it from what we eat.

Recap: Each of the nutrients has a special job to keep us healthy, strong and growing.

This pyramid shows us examples of the types of food in which you might find different nutrients. Some foods contain a variety of nutrients – can you spot any examples?



Task:

Option 1:

Get cooking! Use the recipe below to make your own pizza and choose toppings which provide you with a range of nutrients.

Does your favourite flavour give you the greatest variety of nutrients?

How could you switch it up to add more?

After, draw and label your pizza slice with the ingredients and the nutrients you find within them.

Task:

Option 2:

During lock down it can be hard to find all the ingredients you'd like in the shops. If this is the case, you could use a flat bread, like pitta or naan, as a base and top it with things you find in the fridge! Alternatively, ask an adult if you can buy a ready-made pizza and identify the different nutrients in your slice.

Draw and label your pizza slice with the ingredients and the nutrients you find within them.

Recipe:

Ingredients

- olive oil, for the tray
- 200g plain flour
- 7g packet easy-blend dried yeast
- 1 tsp sugar
- 125ml warm water

Method

1. Heat oven to 240C/220C fan/gas 9. Oil a 20 x 24cm baking tray. Mix the flour, yeast, ¼ tsp salt and the sugar in a bowl, then stir in the water. Bring the mixture together, knead until smooth, then press into the oiled tray.
2. Put your chosen toppings on and bake for 15-20 mins or until cooked through.

