

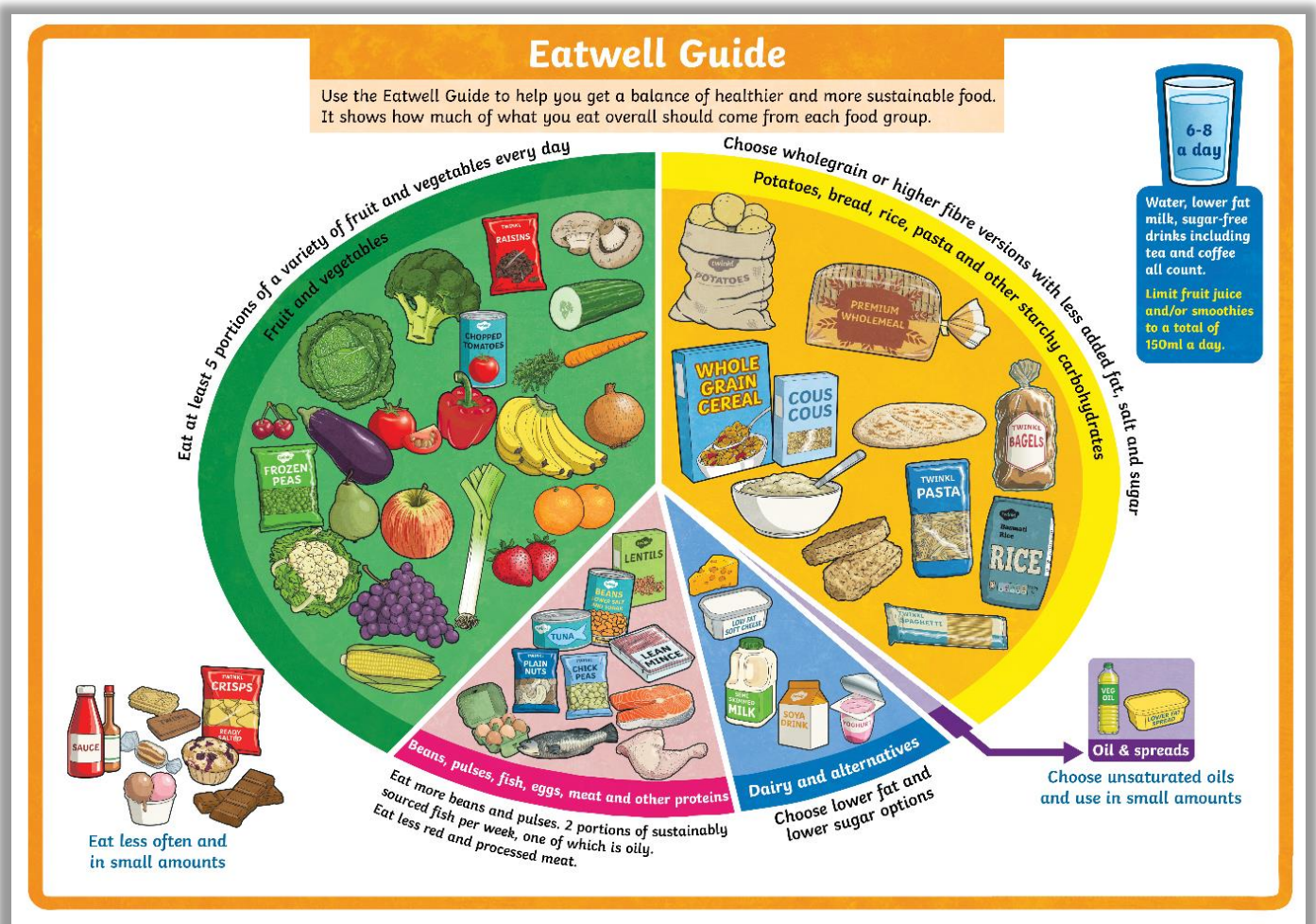
Lesson 3

LO: identify that animals, including humans, need the right types and amount of nutrition

Why do living things need food?










The Eatwell Guide helps us to make decisions about how to eat a balanced diet. It divides the foods we eat and drink into 5 main food groups.



Try to choose a variety of different foods from each of the groups to help you get the wide range of **nutrients** your body needs to stay healthy.

Nutrients are substances that animals, including humans, need to stay alive and stay healthy. **Nutrients** are found in the foods we eat.

Nutrient	Found in... (examples)
carbohydrates	
protein	
fibre	
fats	
vitamins	
minerals	
water	

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

Carbohydrates give you energy.

Proteins help your body to grow and repair itself.

Fibre helps you to digest the food that you have eaten.

Fats give you energy.

Vitamins keep your body healthy.

Minerals keep your body healthy.

Water helps to move nutrients in your body and get rid of waste that you don't need. It is needed for survival.

Task:

Draw your favourite meal (main course, pudding and drink) or a meal you had recently.

Label your drawing to show what nutrients you would get from each food item on your plate. Use the Eatwell Guide and Nutrient chart above to help you with your labels.

When you have drawn your meal, think: does it have a good balance of the food groups from the Eatwell Guide? What nutrients is my body getting from the meal?

EXT (optional): Plan your next meal to include each of the different food groups and as much nutrients as possible.

Example:

