

**What will we be learning?**

- Identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat.
- An adequate and varied diet is beneficial to health (along with a good supply of air and clean water).
- Regular and varied exercise from a variety of different activities is beneficial to health (focus on energy in versus energy out).

<b>Nutrient: carbohydrates</b>	What they do: provide <i>energy</i>	<b>Nutrient: proteins</b>	What they do: help growth and repair and build muscle
<b>Nutrient: vitamins</b>	What they do: keep you <i>healthy</i>	<b>Nutrient: fats</b>	What they do: provide <i>energy</i>
<b>Nutrient: minerals</b>	What they do: keep you <i>healthy</i> and help your body to grow and develop	<b>fibre</b>	What it does: helps food to pass through your body
<b>water</b>	What it does: moves <i>nutrients</i> around your body and helps to get rid of waste	<b>nutrients</b>	Substances that animals and humans need to stay alive and healthy

**Key vocabulary**

- **Healthy:** in a good physical and mental condition.
- **Nutrition:** food needed for health and growth.
- **Energy:** strength to be able to move and grow.
- **Food group:** a collection of foods that share similar nutritional properties – the 5 main groups are *starchy* foods, milk and *dairy*, *fats* (oils and spreads), *protein* and *fruit and vegetables*.
- **Balanced diet:** a variety of food that you regularly eat and keeps you healthy.

**Which of the following things do you need in order to stay healthy?**

- A lots of food, to run really fast and grow tall
- B a healthy diet, exercise and good hygiene
- C good hygiene, unsaturated fats and no exercise

**Which of these foods is the best source of protein?**

- A oils and butter
- B eggs and fish
- C vegetables and fruit

**Which of these foods is a good source of water?**

- A eggs
- B seeds and nuts
- C cucumber

**What type of foods should we eat to stay healthy?**



One piece of food can provide a range of nutrients.