

L.O. I am learning to explain the importance of a balanced diet.

Key vocabulary

Balanced diet, Food groups, Carbohydrate,
Protein, Fat, Vitamins, Minerals, Excess,
Deficiency

This lesson is divided into 2 parts.

In **Part 1**, we will look at the 7 nutrients our bodies need to stay healthy.

In **Part 2**, you will need to conduct some research using the internet.

Part 1



Think.

What should we do to keep
our bodies healthy?

Think.

- What is a balanced diet?
- Why is it important to eat a balanced diet?



What is a balanced diet?

A balanced diet is one that includes a variety of food types in the right quantities.

They are made up of **Macronutrients** and **Micronutrients**.

Macronutrients: carbohydrates, protein, fat

Micronutrients: vitamins and minerals

The 7 nutrients we need

We'll be looking at 4 aspects of the nutrients.

1. What foods contain a lot of each nutrient (**good sources**).
2. The **health benefits** they can have if you consume them.
3. The negative effects they can have if you don't eat enough of them (**deficiencies**).
4. What happens if you consume too much of each nutrient (**overconsumption**).



Carbohydrates

Good Sources



Health benefits

Carbohydrates provide energy

Deficiencies

- Lack of energy
- Dizziness
- Headaches

Overconsumption

- Obesity
- Tooth decay

Proteins

Good Sources

Foods High in Protein



Meat and fish



Cheese



Eggs



Beans



Bread



Hummus



Nuts and seeds

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Health benefits
For growth and repair

Deficiencies

- Muscle wasting
- Low energy
- Mood swings

Overconsumption

- Weight gain
- Dehydration
- Kidney problems

Fats

Good Sources



Health benefits

To store and provide energy
To insulate the body (keep it warm)

Deficiencies

- Weight loss
- Hair loss
- Skin problems

Overconsumption

- Obesity

Vitamins and minerals

Good Sources



Health benefits
Needed in small
amounts to maintain
health

Vitamin/ Mineral	Deficiency disease/disorder	Symptoms
Vitamin A	Loss of vision	Poor vision, loss of vision in darkness (night), sometimes complete loss of vision
Vitamin B1	Beriberi	Weak muscles and very little energy to work
Vitamin C	Scurvy	Bleeding gums, wounds take longer time to heal
Vitamin D	Rickets	Bones become soft and bent
Calcium	Bone and tooth decay	Weak bones, tooth decay
Iodine	Goiter	Glands in the neck appear swollen, mental disability in children
Iron	Anaemia	Weakness

Fibre

Good Sources



Health benefits

To provide roughage to keep food moving through the gut

Deficiencies

- Constipation

Water

Good sources



Health benefits

Needed for cells and body fluids

Deficiencies

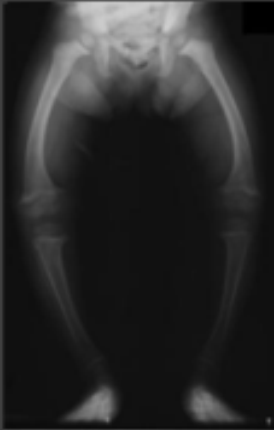
- Dehydration
- Lack of energy
- Dizziness
- headaches

Complete the table

		Food Group	Health Benefits	Deficiency
Macronutrients	Carbohydrate			
	Protein			
	Fat			
Micronutrients	Minerals			
	Vitamins			

You can print the worksheet or draw out your own table using a pencil and a ruler.

What do you think will happen to your body if you eat too much or too little of any food group?



Rickets



Underweight



Common cold



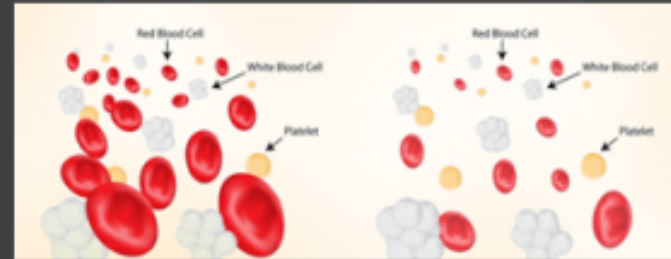
Tired



Scurvy



Blind

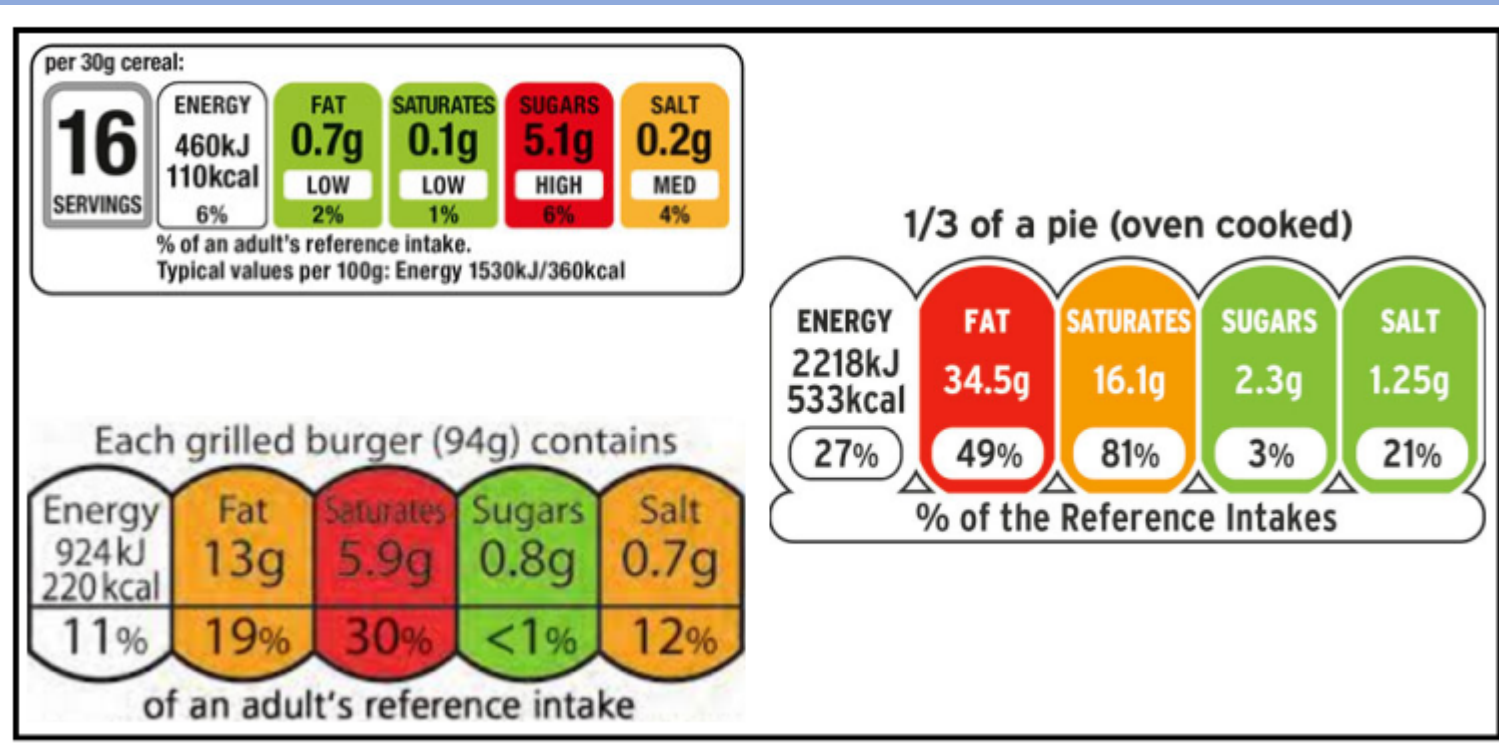


Anaemia

Part 2

Think. Look at the images below.

What are they?
Where might you see them?
What do they mean?



Food Labels

Use the NHS website link below to conduct research into how food labels work.

<https://www.nhs.uk/live-well/eat-well/how-to-read-food-labels/>

1. Make notes on a scrap piece of paper answering the key questions below.
2. Use your notes to create a poster informing the public about how food labels work. Make sure you include some pictures and diagrams.

Key Questions

- What is the purpose of food labels?
- What information do they provide?
- Where can you find them?
- What do the colours mean?
- What tips can you give about food shopping?

Next Step

The following labels are incomplete. Colour them correctly.

Pizza per 100g



ENERGY	FAT	SATURATES	SUGARS	SALT
270kcal	19.5g	7g	1g	0.67g

Frozen peas



ENERGY	FAT	SATURATES	SUGARS	SALT
85kcal	0.9g	0.2g	2.7g	Too small to calculate

Chicken breasts



ENERGY	FAT	SATURATES	SUGARS	SALT
110kcal	1.7g	0.5g	0g	0.3g

Sweet fizzy orange juice



ENERGY	FAT	SATURATES	SUGARS	SALT
28kcal	0g	0g	6.9g	0g