

Food and Nutrition

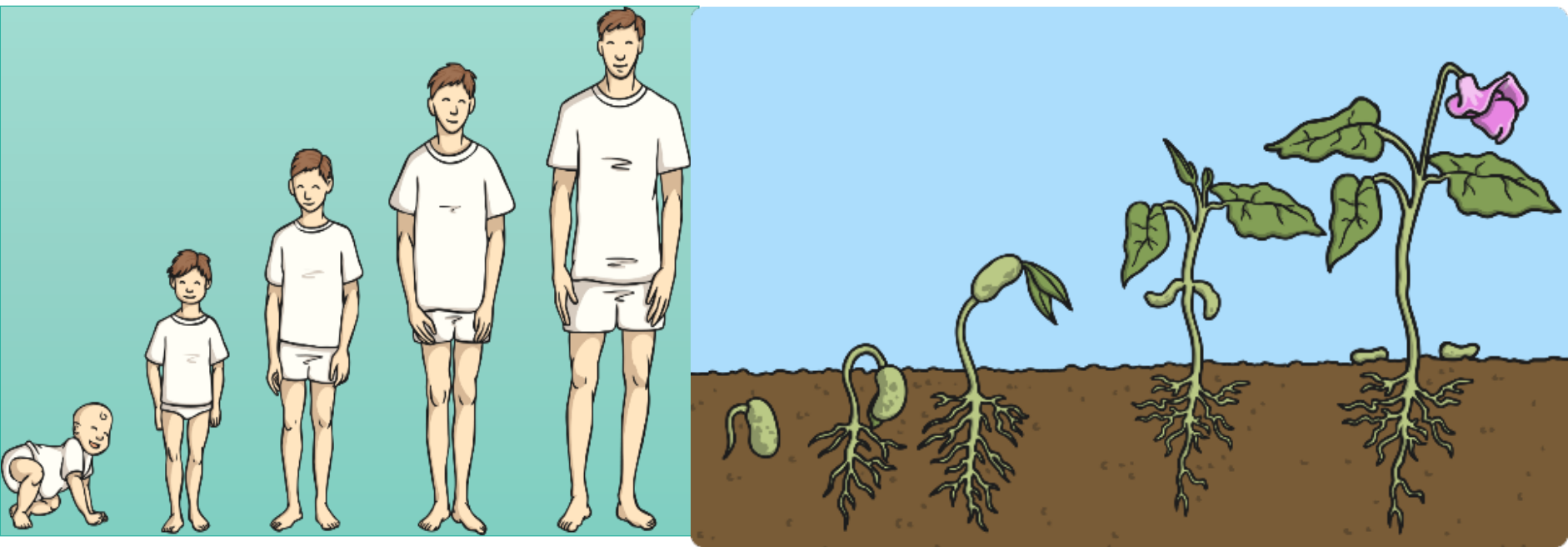


Why do living things need food?

Why do people need food?

What do plants need?

**Talk to your adult or your sibling and
make a mind map:**



Now watch the video:
<https://www.bbc.co.uk/bitesize/clips/zgspyrd>

What did you already know?
(Look at your notes/mind map)
What did you find out?

Week beginning 20th April 2020

LO: I can explain how living things obtain food.

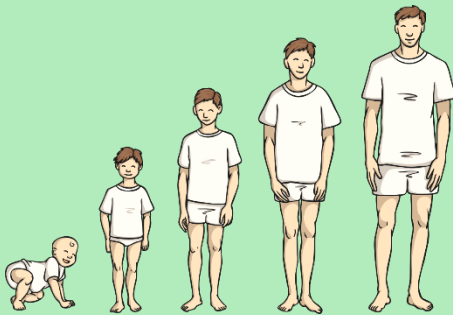
Success criteria:

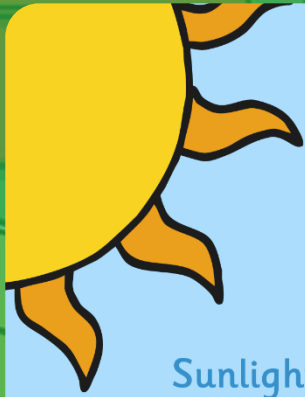
I can explain how plants obtain food.

I can explain the difference between food groups and types of nutrients.

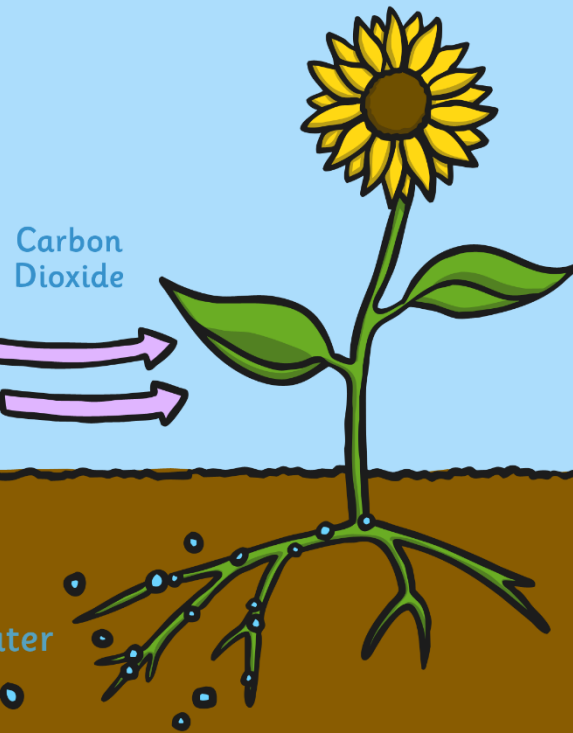
I can explain what type of nutrients humans need.

Living Things and Food





Sunlight



Carbon
Dioxide

Water

Human Food



Human Food — watch the video:

<https://www.bbc.co.uk/bitesize/topics/zrffr82/articles/zppvv4j>

Fruit and Vegetables

Aim to eat 5 a day!
Dried, frozen and tinned fruit and vegetables count as well as fruit juices. Important as sources of vitamins and minerals which reduce your risk of disease and keep you healthy.
Limit fruit juice and/or smoothies to 150ml a day.

Meat, Fish, Eggs, Beans and Other Non-Dairy Sources of Protein

These are very important for helping us grow and build muscles. Try to eat 2 portions of fish a week, and try to reduce intake of red and processed meat.

Oil and Spreads

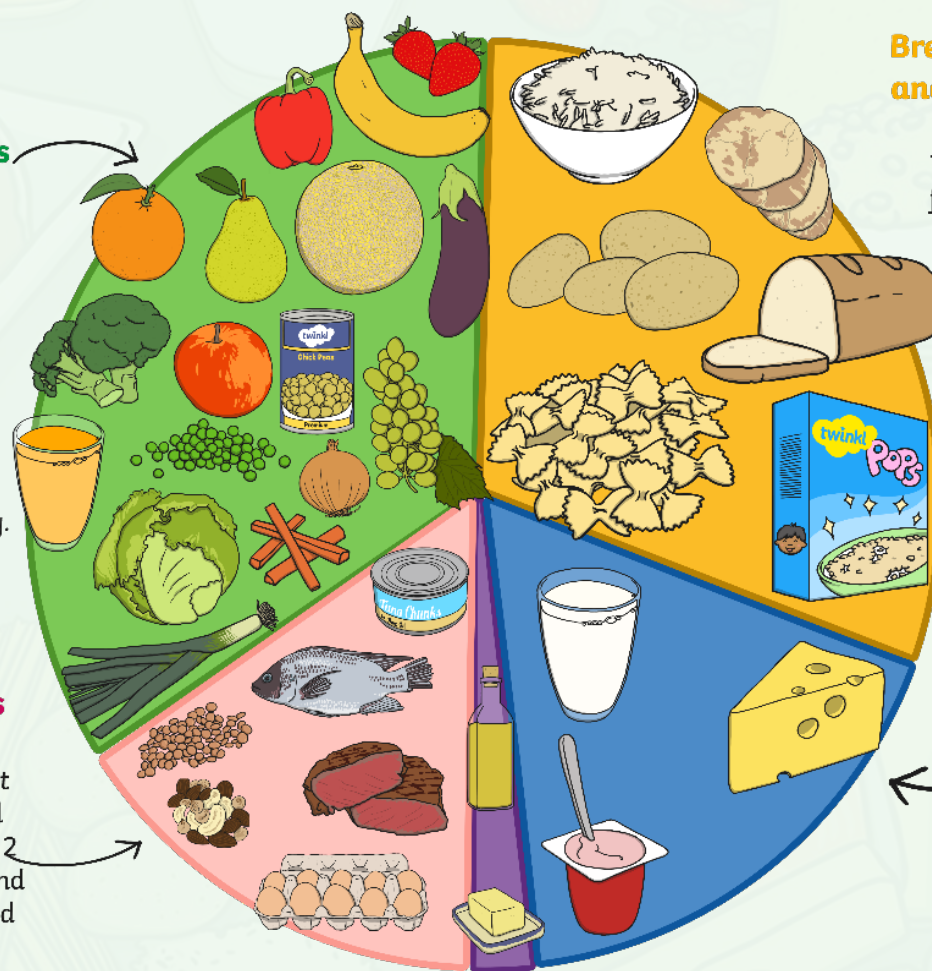
Choose unsaturated oils and use in small amounts.

Bread, Rice, Potatoes and Pasta and Other Starchy Foods

These are important for giving us energy.

Milk and Dairy Foods

These are important for strong teeth and bones.



Spot the Difference

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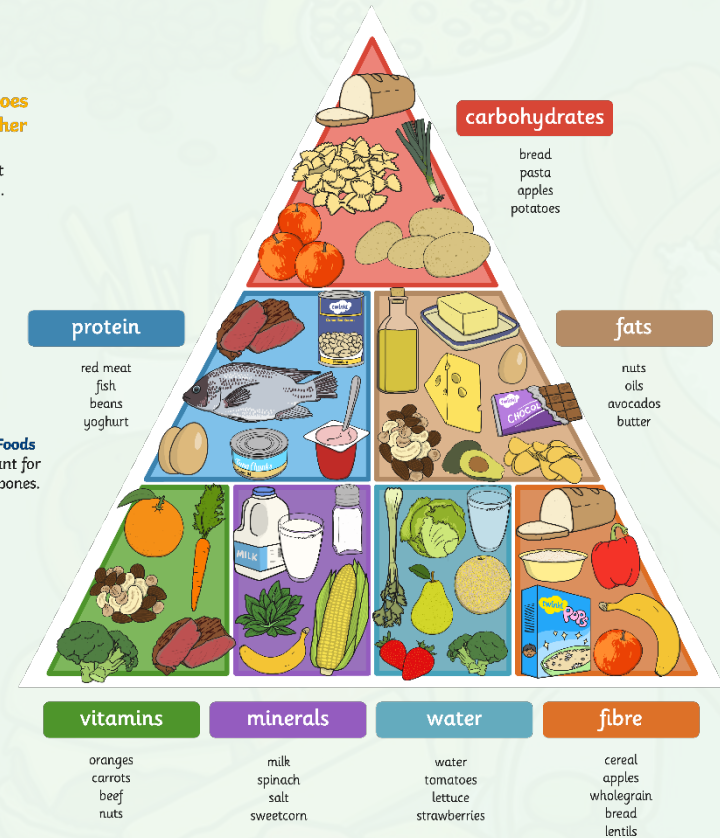
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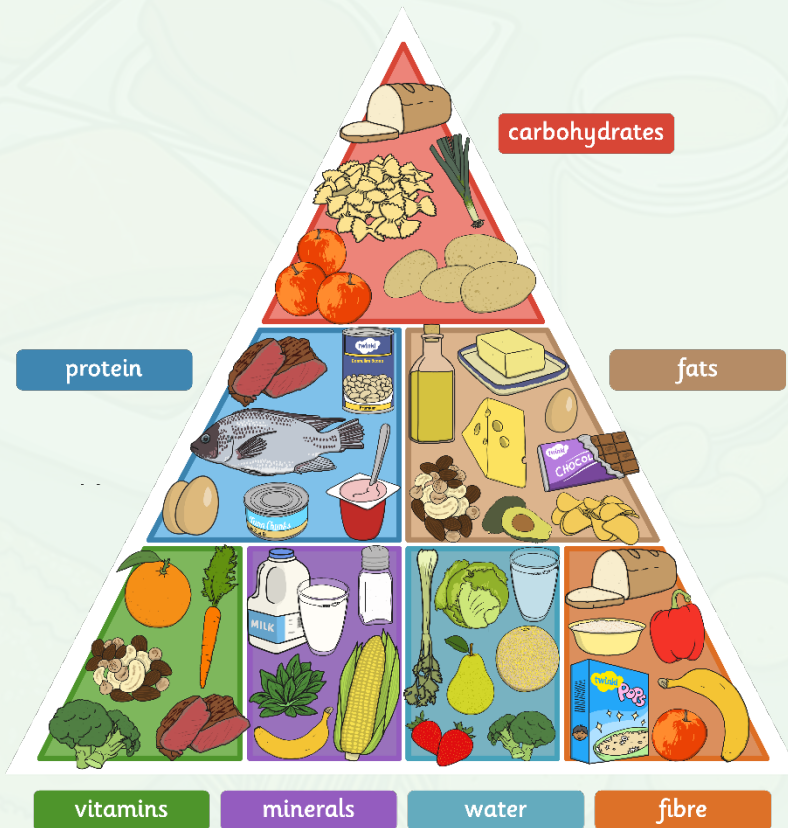
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The Nutrient Pyramid



There are **7** types of nutrients.

Most foods contain more than one type of nutrient.

For example:

Cereal contains fibre, carbohydrates and vitamins. However it is included in the fibre group because this is main nutrient you get from eating it.

Did you know that vegetables contain water? However, we eat them because they are high in vitamins and minerals.

Types of Nutrients – Proteins

Meats, fish and other proteins

Meats are important sources of protein, iron and zinc.



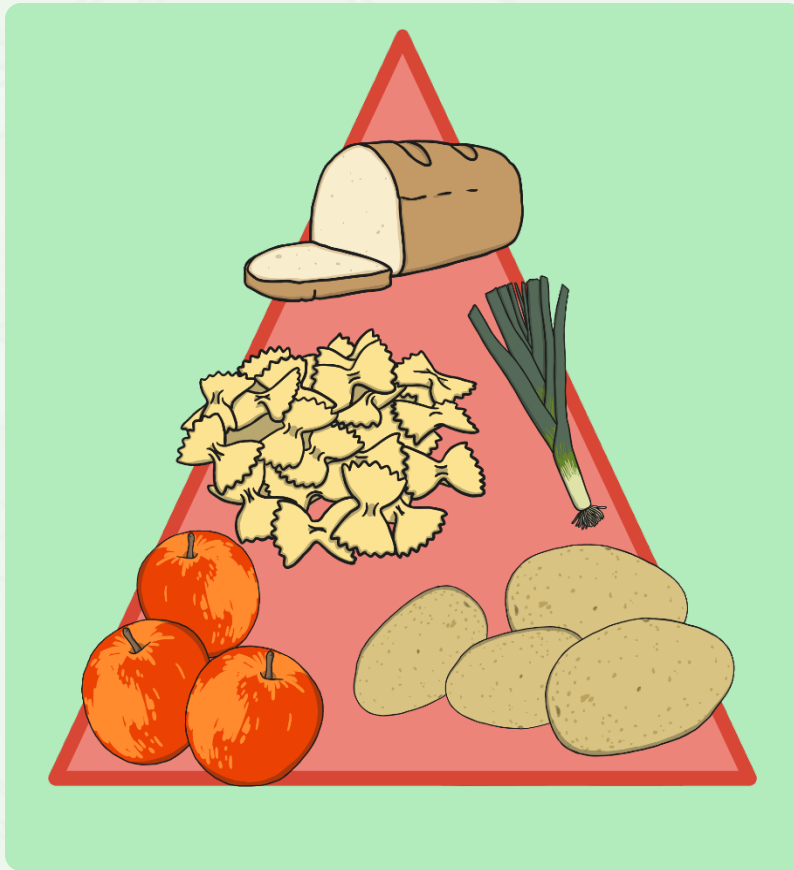
Proteins help your body to grow and repair itself.

Foods high in protein include:

Red Meat
Fish
Beans
Yoghurt

Types of Nutrients – Carbohydrates

These foods are fuel foods and provide us with the energy we need for physical activity and bodily functions.



Types of Nutrients – Fats and sugars

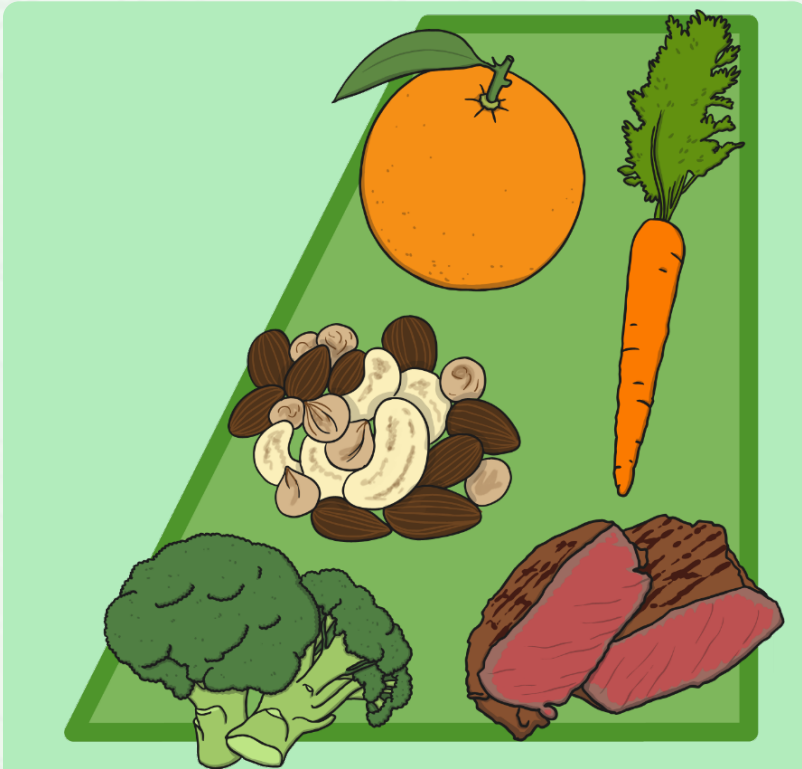
Lots of our favourite foods contain fats and sugars. It is fine to eat these foods in moderation but don't over indulge! Fats can provide us with essential fatty acids, which help our nerves to work properly. Fish oils are very good for this.



Types of Nutrients – Vitamins and Fibre

Fruit and vegetables

Eating fruits and vegetables helps to keep you healthy. Fruit and vegetables provide our bodies with **fibre**, **vitamins** and **minerals**. **Fibre** helps to keep our digestive system working by helping our food to move through our system and it is also found in **cereals and grains**.



Types of Nutrients – Minerals

Dairy

Dairy products are good for us because they give us calcium, which is essential for us to have healthy teeth and bones. Some vegetables also provide us with calcium. (Spinach and figs).



Types of Nutrients - Water



Your task:

- Create your own plate to include important nutrients for a balanced meal
- Draw a plate of food and label
- **Challenge/Extension:**
- Choose a card of your favourite food and write down, which nutrients are used. For example:



Breakfast:

What is it made of?