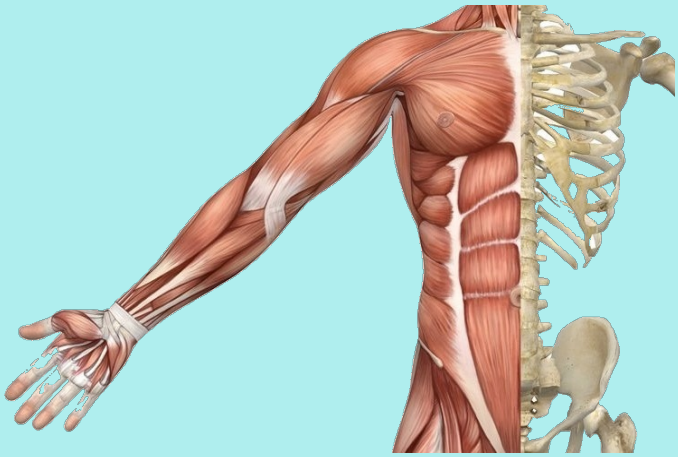
Science!



Monday 12th April 2021

LO: To use a text to research and identify nutrients and different food groups.

Starter:

In your science books, go back and work through any feedback I have given you. If you have a KWL grid stuck in, complete the L part of the grid for last half term!

Our Key question this half term is...

Are all skeletons the same?

Our Key question this half term is...

This means we're going to be looking at humans and animals, and the ways our bodies work.

Interesting question for today

What makes a healthy diet?

Pre-assessment

On your piece of paper, can you create a mindmap of things you already know about humans and animals?

Use these words to help inspire you:

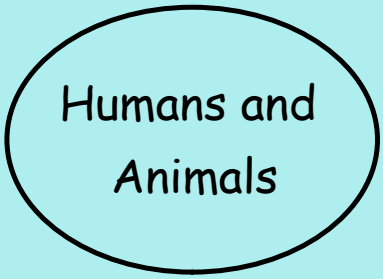
oxygen

exercise

skeletons

food

Pre-assessment



Today, we are going to use a text to research and identify the different food groups:

Carbohydrates

Carbohydrates (Sugars)

Proteins

Fats

Fibre

Vitamins and minerals

Questions:

I do:

- What two groups are carbohydrates split into?

We do:

- Which food groups help our bodies build healthy cells?

- Why do we need fat in our diet?

- What does fibre help us do?

Text: Food groups

Key Vocabulary: energy, nutrients, vitamins, vital.

Why is the food we eat important?

The food we eat should provide us with the energy and nutrients we need to grow and keep our bodies healthy.

Each one of the food groups is important:



Vitamins and minerals, fund in fruits and vegetables such as apples, bananas and broccoli, help our bodies build healthy cells. They all contain different types of vitamins, but each one helps us stay healthy and helps our body build up the vital cells we need.



Carbohydrates can be split into two groups. Sugars and Starches, Sugars, like sweets, biscuits and cakes, give us energy, but the energy they give us doesn't last very long. It tends to be in short bursts. This is sometimes called a sugar rush. Starches, like pasta, bread and rice, give us energy that lasts longer.



People who run marathons and play lots of sport tend to eat starchy foods, full of carbohydrates, to give them energy before exercise. Sugars don't give us any nutrients on their own, so we need to eat a lot less of these than of the other food groups. In fact, we should eat only a tiny amount of these in our daily lives.



Proteins, such as meat, beans, and eggs, helps our body to grow and allows our body to repair its self if it gets damaged. People who don't eat meat or fish, gain their protein from things like beans, eggs, nuts and grains.

Fats can be found in milk, cheese, oil and butter and even some meats. These fats give us energy, just like carbohydrates, and they help our body to build up fat storage. We all need a small amount of fat in our diet, as fat storage helps our body to absorb minerals.





Fibre, found in things like whole grain bread, cereals and in fruit and vegetables, helps us to digest our food. A healthy diet contains enough fibre so that your digestive system works well and helps to get rid of waste.

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We do:

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- Why do we need fat in our diet?

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Tomorrow, I will be running a marathon. What is the best food for me to eat, and why?

Write a short paragraph in your book explaining what food I need to eat before my marathon, and why.

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Food group	What does it do?	What food is in this group?
	It gives you energy	Biscuits, sweets, cakes
	It gives you energy	
Proteins	Help you to grow your body and helps your body repair it's self	
	They provide energy and help build up your body to absorb minerals.	Milk, cheese, butter, oil, and some meats
	Helps you digest your food	
	Build healthy cells	Vegetables and fruit