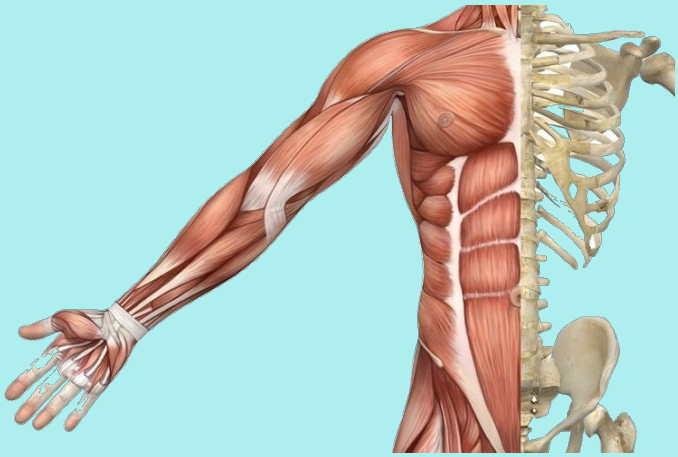
Science!



Monday 19th April 2021

LO: To identify the nutrients I eat, and to recognise whether I have a healthy diet.

Starter:

Food group		What food is in this group?
Proteins		Biscuits, sweets, cakes
Fibre		Pasta, bread, potatoes
Fats		Wholemeal bread, cereal, fruits and vegetables
Carbohydrates (starches)		Milk, cheese, butter, oil, and some meats
Vitamins and minerals		Meat, fish, beans, nuts.
Carbohydrates (sugars)		Vegetables and fruit

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

Is my favourite meal good for me?

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.



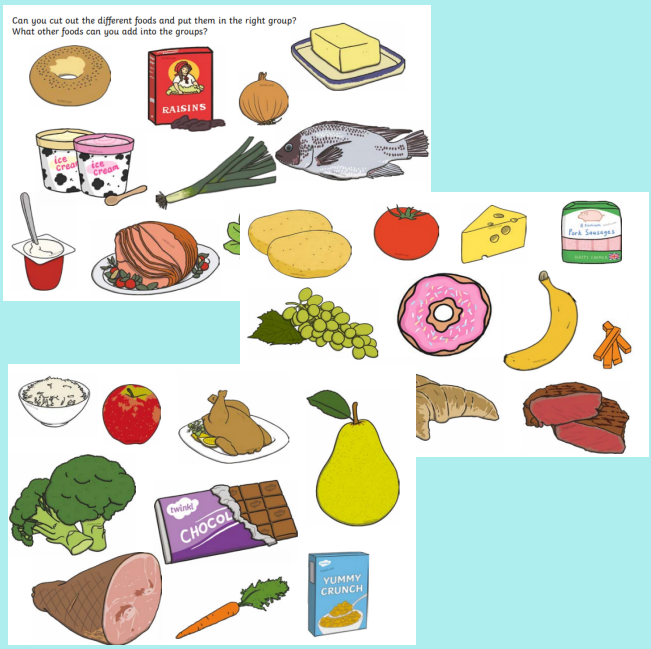
Proteins, such as meat, beans, and eggs, helps our body to grow and allows our body to repair its self if it gets damaged. People who don't eat meat or fish, gain their protein from things like beans, eggs, nuts and grains.

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.



Carbohydrates (starches)

Carbohydrates (sugars)

Proteins

Fats

Fibres

Vitamins and Minerals

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What is your favourite meal?

Think about what ingredients are in that meal...

What is in my favourite meal?

Mashed potato

- Fats
- Starches

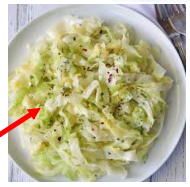
Main course

Sausages

- Protein
- Fats







Cabbage

-Vitamins and minerals

- Fibre

Desert



Cheese cake

- Fats
- Sugar
- Vitamins and minerals
- Fibre

Drink



Diet coke

- Sugars

What is unhealthy about my meal?

What is healthy about my meal?

What could I replace in my meal to make it healthier?

Complete the meal sheet and stick it in your book, then underneath, answer the following questions in a short paragraph.

What is unhealthy about my meal?

What is healthy about my meal?

What could I replace in my meal to make it healthier?