

L.O: To understand how to have a balanced diet.

- I can name the different food groups and explain why we need each type.
- I can draw foods to make a balanced lunch.
- I understand how much of each food type to eat.

Scientific skill: Using secondary sources of information.

Big Question: What should we eat?

Key Vocabulary:

Portion - an amount of food.



Balanced diet - a diet with all the 5 food groups.



Nutrients - needed by the body to be healthy and have energy.

Vitamins - help keep you fit and healthy - they are like an army which can fight off bugs and bacteria.



Fibre - helps move food through the stomach.



Calcium - important for healthy bones.



Saturated fats - unhealthy fats which harms your body.

Unsaturated fats - good fats which can be good for your body, but not too much!



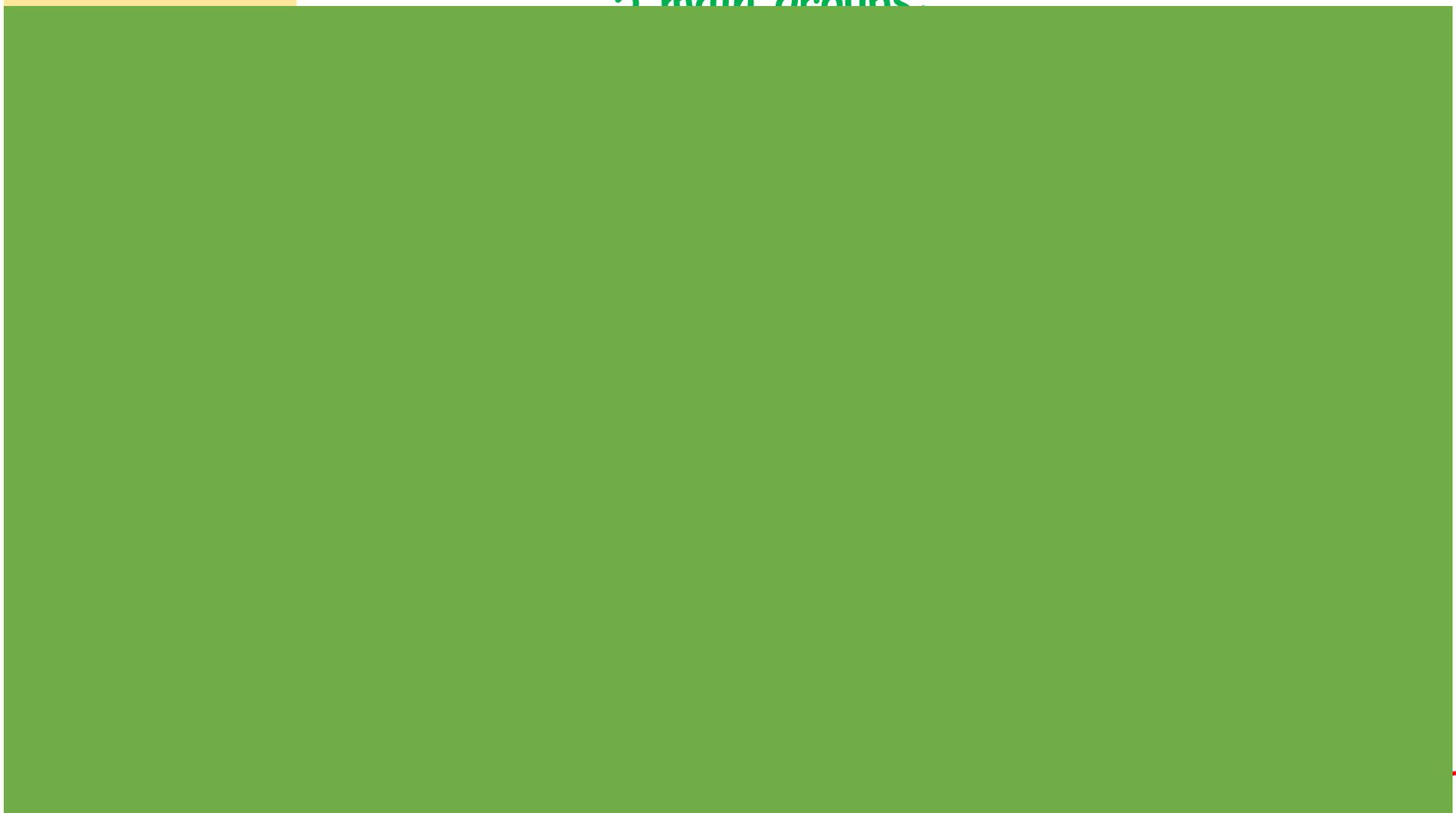


Take Care



Last week you grouped foods into different food types.

Can you remember any of the food types? There were 5 main groups:



we should eat them into the correct portions (the correct amount).



Take Care



From looking at the diagram, which foods do you think we need the most of? Which one do we need the least amount of? Why do you think this is?

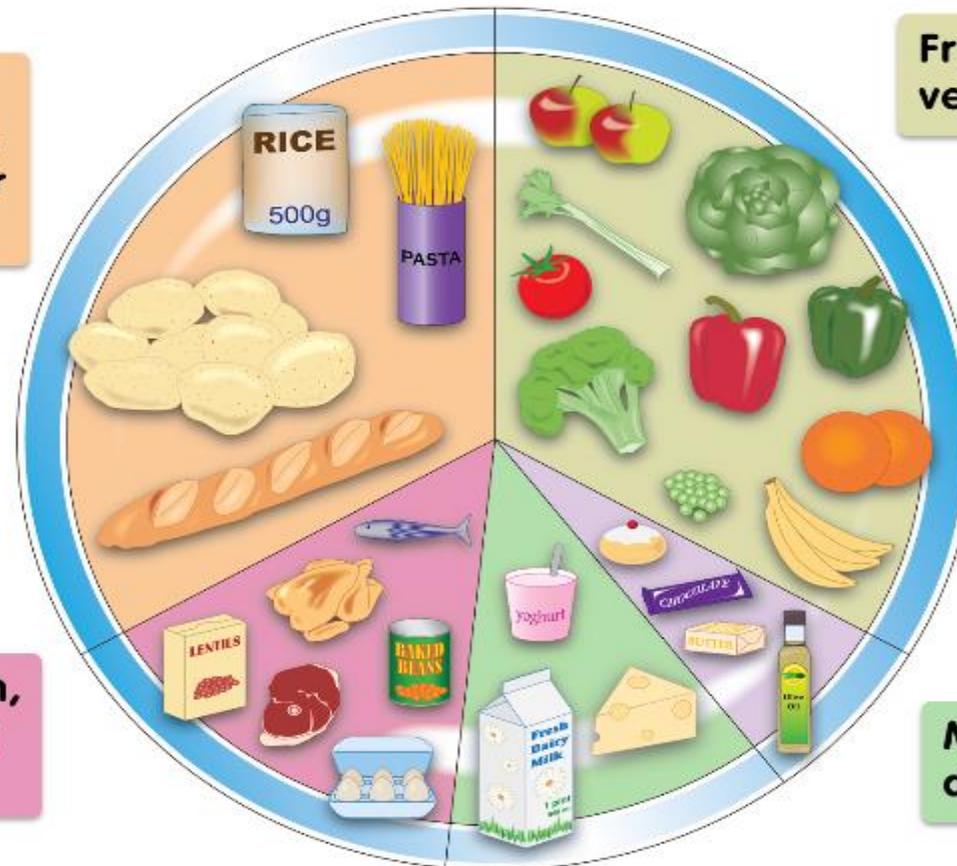
Carbohydrates

Bread, potatoes, and other cereals

Fruit and vegetables

Protein

Meat, fish, eggs and beans



Food and drinks high in fat and/or sugar

Milk and dairy foods

We should eat lots of carbohydrates, fruits and vegetables but



Take Care



Big Questions

• How can we sort food?

• What food should we eat?

• How can we stay fit?

• How can we stay clean?

• How can we stay healthy?



Key Vocabulary:

Balanced diet	<hr/> <hr/>
Calcium	<hr/> <hr/>
Disease	<hr/> <hr/>
Exercise	<hr/> <hr/>
Hygiene	<hr/> <hr/>
Muscles	<hr/> <hr/>
Pulse	<hr/> <hr/>
Vitamins	<hr/> <hr/>

How much of each food do we need and why do we need them?

Watch this video: [Food needed by the human body - KS1 Design and Technology](#)

Carbohydrates

- You should eat **more** of these foods, they should make up just **over a third** of the food we eat because they give us steady energy and keep us full.
- The energy is easy for our bodies to use, so lots of athletes eat carbohydrates before races and training.
- You should eat carbohydrates every meal.



Proteins

- Eat **some** of these foods, at least **two portions** of fish a week (2x 140g), including a portion of oily fish.
- Protein helps your muscles develop and helps you become stronger.
- It helps you to heal when you injure yourself.



Dairy

- Eat **some** of these foods. These are good sources of **protein and vitamins**, and they're also an important source of **calcium**, which helps to keep our bones to be strong. You should choose low fat dairy products for a healthy diet.



Fruit and Vegetables

- You should eat **more** of this group, they should make up **just over a third** of the food we eat **everyday**.
- Aim to eat at least **five portions** of fruit and veg **everyday**.
- As a guide, a **portion** is what fits into the **palm** of our hand.
- Choose from fresh, frozen, canned, dried or juiced.
- They provide **fibre and vitamins**.



Fats, Sugars and Oil

- We only need a little fat for health (generally, we are eating too much **saturated fat**).
- **Unsaturated fats** are healthier fats that are usually from plant sources and in liquid form as oil, for example vegetable oil, rapeseed oil and olive oil.
- Choosing lower fat spreads is a good way to reduce saturated fat intake.



- Foods like **chocolate, cakes, biscuits, full-sugar soft drinks, butter and ice-cream** are not needed for health. If foods like these are eaten or drunk, it should only be **occasionally and in small amounts**.



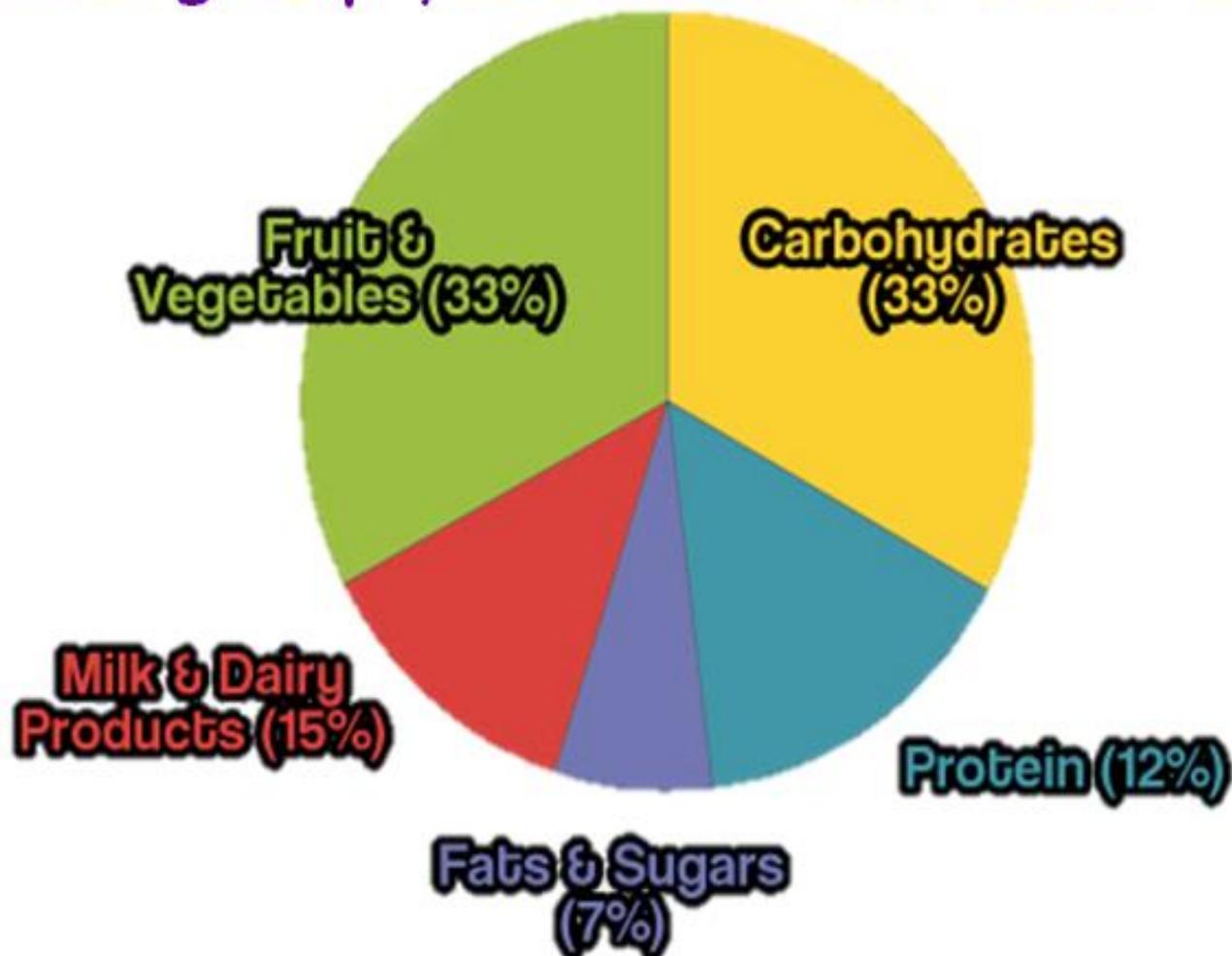
Don't forget! You also must drink **6 - 8 glasses** of fluid every day such as **water, lower fat milk and sugar-free drinks**.

- Fruit juice and smoothies also count although they are a source of free sugars so you should limit them to no more than a total of 150ml per day.



So how much should you eat?

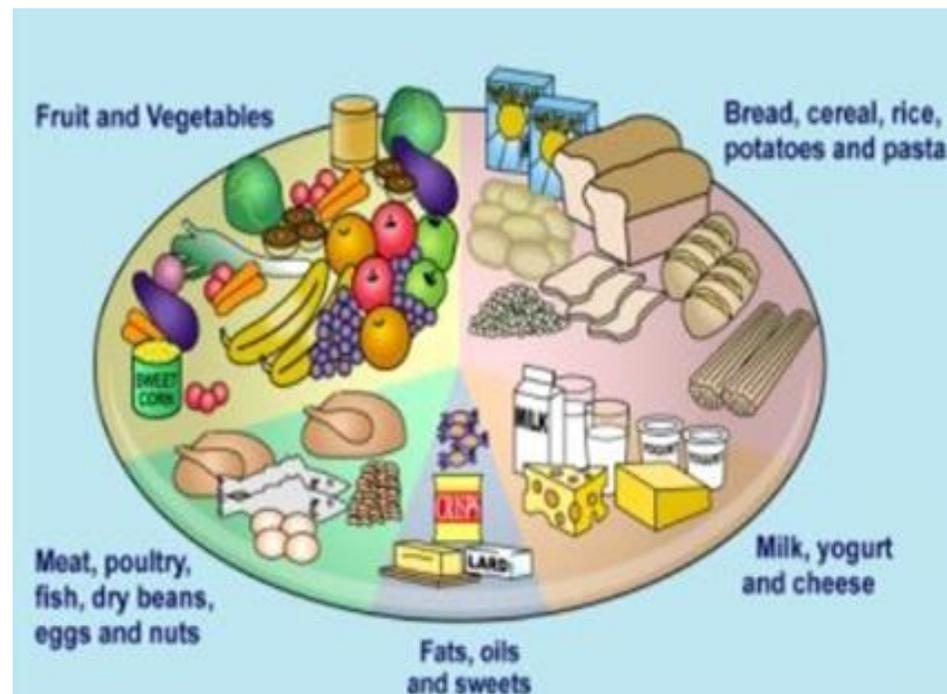
This plate shows you how much of each food group you should eat each day...



Activity Skills

You are going to draw and label a healthy lunch! You can choose your own foods that you would like to include in the lunch box.

Remember to include food from **each type** but to remember **how much** you should have of each food type.



For example:

cheese

tomatoes

lettuce

carrot sticks



bread

turkey slice

water

banana

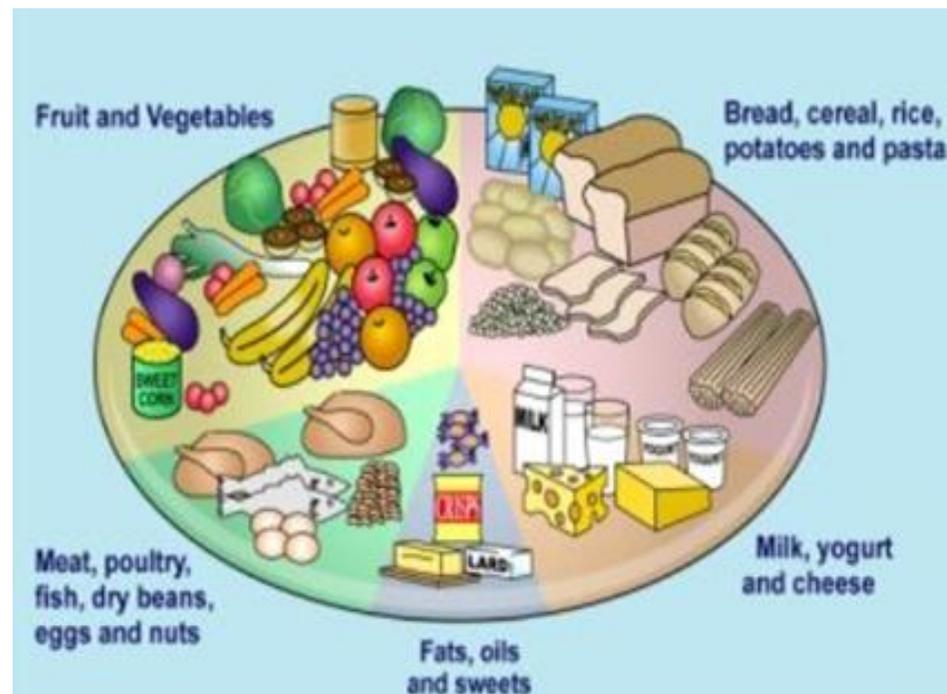


Activity Core and Extension

You are going to draw and label a healthy lunch! You can choose your own foods that you would like to include in the lunch box.

Remember to include food from **each type** but to remember **how much** you should have of each food type.

Then write a few sentences about the foods you chose and why you chose them.



For example:

cheese

tomatoes

lettuce

carrot sticks



bread

turkey slice

water

banana



I have chosen bread for a large part of my lunch because we need a lot of carbohydrates in our food. They give us lots of energy. Inside my sandwich I have used.....because.....