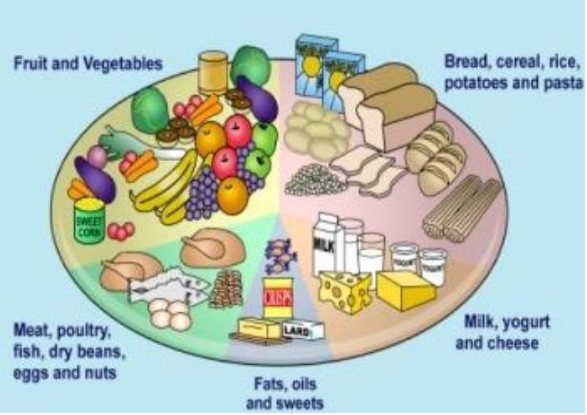
L.O: To understand how to have a balanced diet. (Core/Ext)

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.



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 create an army which can fight off bugs and bacteria.

Fibre - helps move food through the stomach.

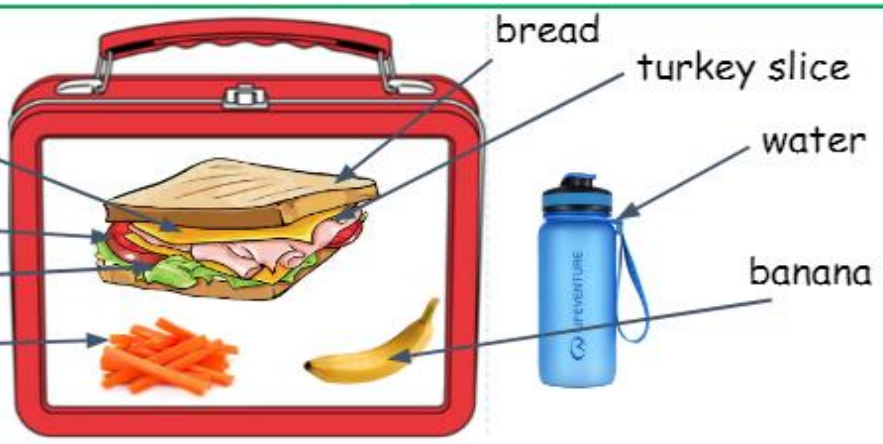
Activity

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:



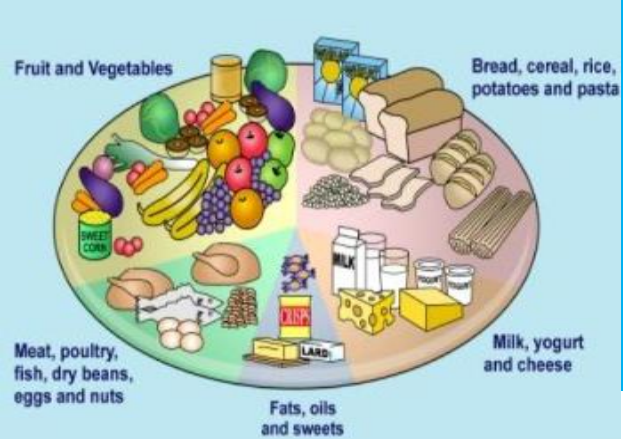
I have chosen bread for a large part of my lunch because we need a lot of carbohydrates in our food. They give us lots of energy. Inside my sandwich I have used.....because.....

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

I can name some of the different food groups.

I can draw foods to make a balanced lunch.

I can label my pictures.



Key Vocabulary:

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

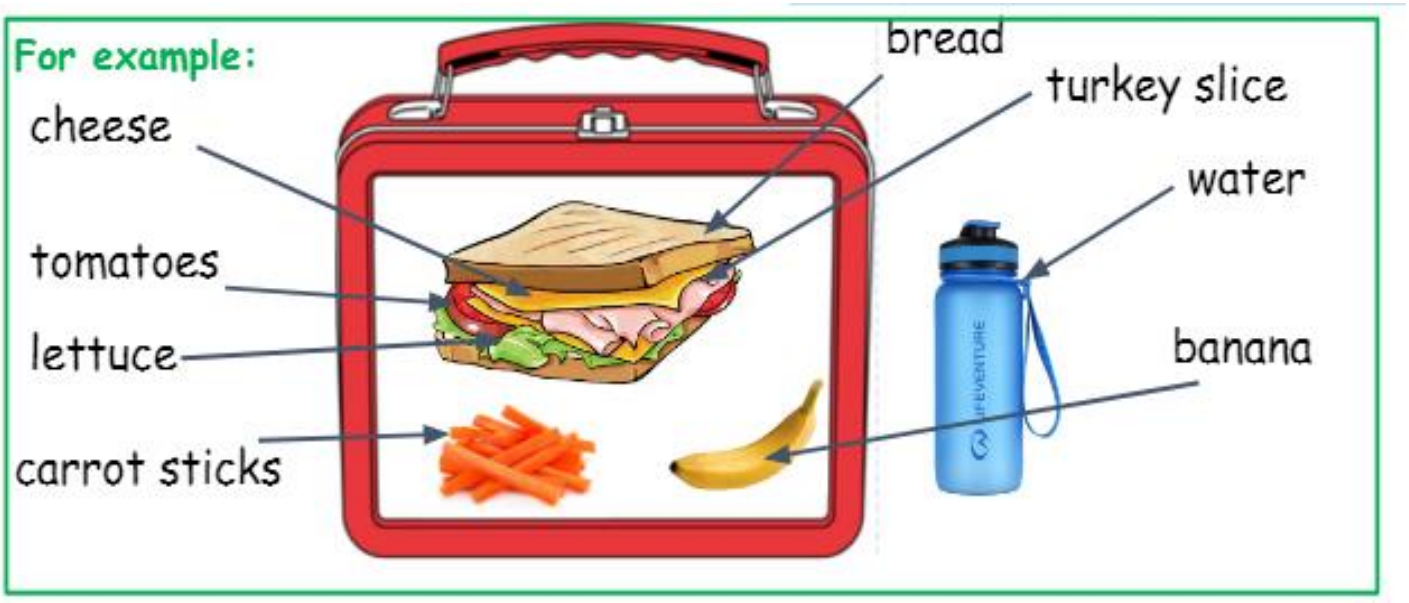
Fruit-apple, strawberry, banana, etc.

Vegetables-tomato, cucumber, carrot, e

Carbohydrates-bread, pasta, c.

Protein-meat, fish, eggs, etc.

Activity

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.**