

Bea's Balanced Diet Challenge

Learning objective: To identify that humans and other animals need the right types and amounts of nutrition, and that they cannot make their own food; they get nutrition from what they eat.

Read each question carefully and use your knowledge of food groups and nutrition to provide your answers. Remember to think about what keeps our bodies healthy and strong!

Bea the honeybee knows that to stay busy buzzing around the garden, she needs to make sure her body has the right fuel. Just like bees, humans need a variety of food groups to stay healthy. We need energy to run and jump, nutrients to help us grow, and minerals to keep our bones and immune systems strong. A healthy, balanced diet includes a mixture of these nutrients in the right amounts.

Word bank: nutrients · carbohydrates · protein · vitamins · minerals · fats · energy · balanced · growth

1. Bea says that animals cannot make their own food like plants can. Where do humans and animals get their nutrition from? (2 marks)

2. Explain why it is important for a human to have a balanced diet rather than eating only one type of food, like just bread or just apples. (2 marks)

3. Name two food groups that provide the body with energy to move and explain which one you might choose for a quick boost before a PE lesson. (3 marks)

4. Why do our bodies need protein? Give one example of a food that is a good source of protein. (2 marks)

5. If you were shopping for a healthy school lunch, why would you choose a piece of fruit over a bag of sugary sweets? Link your answer to the word 'nutrients'. (2 marks)

Draw: Draw a 'Balanced Lunchbox' for a child. Include at least four different food items and label them with the nutrient group they belong to (e.g., carbohydrates, protein, vitamins).



Extension challenge: Max the monkey is planning a picnic. He has £5.00 to spend. If an apple costs 30p, a sandwich costs £1.50, and a carton of milk costs 70p, how much would a balanced lunch cost for him? Create a menu for his picnic that ensures he gets a variety of nutrients.