

Healthy Eating Explorers with Bea the Bee

Learning objective: To understand the importance of a balanced diet, the role of nutrients, and how to make healthy food choices.

Read the front of the flashcard, think about your answer, and then flip to see the back. Use these cards to test your knowledge about the fuel your body needs to grow and stay strong.

What is a 'Balanced Diet'?

A balanced diet means eating a variety of foods in the right proportions to give your body the energy and nutrients it needs to function correctly.

Why does Bea the Bee need 'Carbohydrates'?

Carbohydrates are the body's main source of energy, helping us stay active throughout the day, just like Bea needs energy to fly between flowers.

What is the primary role of 'Protein' in our diet?

Protein is essential for growth and repairing muscles and tissues in the body.

Why are 'Vitamins and Minerals' essential?

They are needed in small amounts to help the body work properly, strengthen our immune system, and keep our skin, bones, and teeth healthy.

What does 'Hydration' mean and why is it vital?

Hydration means drinking enough water to keep your body functioning; it helps regulate temperature and carries nutrients to your cells.

What is the function of 'Fibre' in a healthy diet?

Fibre helps to keep our digestive system healthy and helps us feel full after eating.

Explain the term 'Portion Size'.

Portion size refers to the amount of a specific food you choose to eat at one time, which helps prevent overeating or under-eating.

What is the difference between 'processed' and 'whole' foods?

Whole foods are in their natural state, like an apple, whereas processed foods have been altered or had ingredients added, often including extra sugar or salt.

Why might a person choose to limit sugary snacks?

Excess sugar can cause a quick burst of energy followed by a 'crash', and can be harmful to dental health if consumed too often.

If a healthy lunch costs £3.50, why is it better value than a cheaper, less nutritious snack?

A healthy meal provides long-term health benefits, sustained energy, and essential nutrients, whereas cheap snacks often lack the fuel the body truly needs.