

Bea's Balanced Banquet: A Nutrition Challenge

Learning objective: To identify that humans and some other animals need to make the right choices about what they eat to stay healthy and to understand the main food groups.

Bea the Honeybee is preparing a healthy, balanced banquet for her woodland friends. Look at the food items below and sort them into the correct food group buckets. Write the name of each food item under the correct category label: Carbohydrates, Proteins, Fruits and Vegetables, or Fats and Sugars.

Word bank: Apples · Chicken · Pasta · Butter · Carrots · Bread · Lentils · Chocolate · Spinach · Fish · Rice · Olive oil

1. Sort the items from the word bank into their food group buckets. Why is it important for our bodies to eat a variety of different food groups? (2 marks)

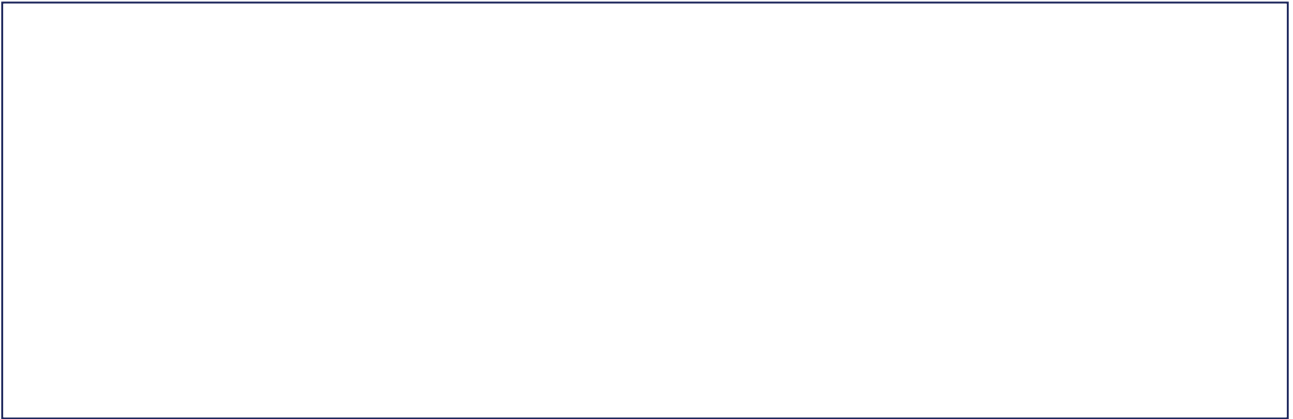
2. Bea wants to include a source of protein for the lion, Leo. Which item from the list should she choose and why? (2 marks)

3. Some foods, like chocolate and butter, are in the 'Fats and Sugars' group. Should we eat these foods as often as we eat fruits and vegetables? Explain your answer. (2 marks)

4. Nova the Owl is preparing a meal. If she eats a large bowl of pasta, which food group is she consuming to get energy for flying? (1 mark)

5. Design a healthy, balanced meal for a human that includes at least one item from three different food groups. (2 marks)

Draw: Draw a 'Balanced Banquet' plate for Bea the Honeybee. Show a portion of vegetables, a portion of carbohydrates, and a portion of protein on the plate.



Extension challenge: Research why vitamins and minerals are considered 'micronutrients'. Write a short sentence explaining why we only need them in small amounts compared to carbohydrates.