

Bea's Balanced Diet Fact-File

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

Join Bea the honeybee on a journey through nutrition! Use this fact-file to explore the different food groups humans need to stay healthy. Research or recall what each group does for our bodies and fill in the boxes below.

Word bank: Carbohydrates · Proteins · Fats · Vitamins · Minerals · Energy · Growth · Repair · Hydration

1. The Five Main Food Groups: List the five main groups of nutrients and give one example of a food for each group. (5 marks)

2. Energy Boosters: Which food group provides the main source of energy for our bodies? Explain why we need this energy. (3 marks)

3. Building Blocks: Why does our body need protein? Describe how it helps us grow and recover. (2 marks)

4. The Importance of Water: Bea knows that hydration is key! Why do humans need to drink water, and what happens if we don't get enough? (2 marks)

5. My Balanced Plate: Design a healthy dinner. Describe what you would include to make sure your meal has a variety of different nutrients. (3 marks)

Extension challenge: Imagine you are a nutritionist for a busy athlete. Create a meal plan for one day that includes a healthy breakfast, lunch, and dinner, ensuring each meal contains at least three different food groups.