

Nova's Guide to Healthy Eating

Learning objective: To identify that humans and some other animals need to eat the right types and amount of nutrition to stay healthy.

Use this writing frame to explain why a balanced diet is important. Use the word bank to help you link your ideas together.

To live a healthy and active life, humans need to consume a wide variety of different foods to provide our bodies with the energy they require.

Word bank: nutrients · balanced diet · energy · growth · essential · carbohydrates · protein · vitamins · in addition · furthermore · for example · consequently

1. Introduction: Define what a balanced diet is. Start by saying: A balanced diet is important because... (2 marks)

2. The Five Food Groups: Describe the different types of food we need. Start by saying: We need a mix of nutrients, for example... (3 marks)

3. Purpose of Nutrition: Explain why our bodies need protein and carbohydrates. Start by saying: Protein is essential for our bodies because... (3 marks)

4. Water and Hydration: Explain why drinking water is vital. Start by saying: In addition to food, it is important to drink water because... (2 marks)

5. Conclusion: Summarise how we can make healthy choices. Start by saying: To stay healthy and strong, I can choose to... (2 marks)

Extension challenge: Imagine you are planning a healthy meal for Max the monkey. List three different food groups you would include on his plate and explain why each one is good for him.