

Bea's Healthy Food Sorting

Learning objective: To identify the five main food groups and understand that animals and humans need the right nutrition to grow and stay healthy.

Bea the honeybee is busy collecting food for her picnic! Help her sort the items into the correct groups. Look at the list of foods below and write them into the correct column in the table. You can use the word bank to help you spell the food groups.

Word bank: Fruit and Vegetables · Carbohydrates · Protein · Dairy · Fats and Sugars

1. Sort these foods: Apple, Bread, Chicken, Milk, Butter, Broccoli, Pasta, Fish, Cheese, Crisps.

| Food Group | Foods |

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| 1. Fruit and Veg | |

| 2. Carbohydrates | |

| 3. Protein | |

| 4. Dairy | |

| 5. Fats and Sugars | | (5 marks)

2. Why does Bea need protein in her diet? (2 marks)

3. Which food group gives us quick energy? (1 mark)

4. Why should we only eat a little bit of Fats and Sugars? (2 marks)

Draw: Draw a healthy lunchbox for Bea. Include one item from each of the food groups you sorted in the table.

Extension challenge: Think of one snack you ate today. Which food group does it belong to? Tell a partner why it is a healthy or unhealthy choice.