

Bea's Balanced Banquet

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

Read the text carefully and answer the questions below. Think about how different food groups contribute to a healthy body.

Bea the honeybee loves visiting the meadow to gather nectar, but she knows that every living creature needs a variety of fuel to thrive. Nutrition is the process of providing or obtaining the food necessary for health and growth. Unlike plants, which can create their own energy from sunlight, animals must consume food to gain the nutrients their bodies require. A balanced diet acts like a toolkit for the body. Carbohydrates provide the quick energy needed for flying and playing, while proteins act as building blocks for repairing muscles and growing strong. Vitamins and minerals, found in colourful fruits and vegetables, help keep our immune systems robust and our bones sturdy. Bea explains that if a diet lacks variety, the body cannot function at its peak. Whether it is a human eating a hearty meal or a bee collecting nectar, the goal remains the same: to ingest the essential elements that keep us active, alert, and healthy. Eating well isn't just about feeling full; it is about giving your body the specific materials it needs to perform its daily tasks effectively.

Word bank: nutrition · balanced · protein · carbohydrates · vitamins · minerals · energy

1. According to the text, why do animals need to eat food, unlike plants? (2 marks)

2. Name two food groups mentioned in the text and explain their specific functions in the body. (2 marks)

3. Why does Bea compare a balanced diet to a 'toolkit'? (2 marks)

4. What might happen to an animal's growth if their diet lacked enough protein? (2 marks)

5. Justify why it is important for humans to eat a wide variety of foods rather than just one type of meal. Use evidence from the text to support your opinion. (3 marks)

Draw: Draw a 'Balanced Plate' featuring different food groups. Label which parts provide energy, which help the body grow, and which keep the body healthy.



Extension challenge: Explain why a professional athlete might need a different nutritional balance compared to someone who spends their day sitting at a desk. Then, design a 24-hour 'fuel plan' for an explorer, justifying your choices for each meal based on the nutrients required for physical activity.