

Bea the Bee's Healthy Food Guide

Learning objective: To identify the different food groups and understand why humans need a balanced diet.

Read the text carefully. Use the word bank to help you understand the words. Answer the questions in the spaces provided.

Hello! I am Bea the honeybee. I spend my days flying over gardens, but I also love learning about food. To stay strong and healthy, humans need a balanced diet. This means eating a variety of different things.

We need carbohydrates for energy to run and play. You can find these in bread, pasta, and potatoes. Proteins help our bodies grow and fix themselves when we get a small scrape. You can find protein in fish, eggs, and beans. Fruits and vegetables are full of vitamins. These act like tiny shields that help keep us from getting ill.

It is important to drink plenty of water too. Water keeps our brains working well and helps our bodies stay cool. Some foods, like cakes or sweets, are okay to eat sometimes, but they do not give us the best nutrition. Eating a rainbow of colourful fruits and vegetables is the best way to make sure your body gets everything it needs. Remember, a healthy body helps you learn, grow, and have fun every single day!

Word bank: Balanced · Nutrition · Energy · Protein · Vitamins · Healthy

1. Name two types of food that provide us with energy. (2 marks)

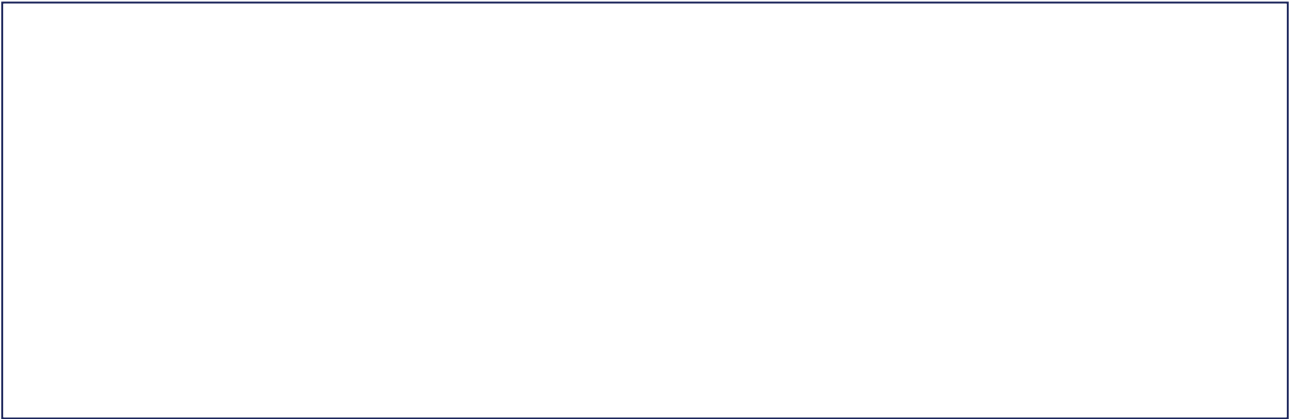
2. What do vitamins do for the human body? (1 mark)

3. Why is it better to eat fruit than to eat sweets? (2 marks)

4. Why might a person need to eat more protein if they have a small injury? (2 marks)

5. Which food group do you think is the most important to eat every day? Explain why. (2 marks)

Draw: Draw a picture of a healthy lunchbox. Include at least three different types of food mentioned in the text.



Extension challenge: Look at the menu for your school lunch today. Can you spot which parts of your meal are protein, carbohydrates, or vitamins?