

Bea's Balanced Nutrition 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.

Help Bea the honeybee explore the world of food! Use this fact-file to categorise different food groups and explain why our bodies need them. Research the five main food groups and think about how they help our bodies grow, stay strong, and keep us active. Write clearly and use your best scientific vocabulary.

Word bank: nutrition · carbohydrates · protein · vitamins · minerals · fats · balanced · energy · growth · fibre

1. Identify three food groups and provide one example of a food item for each. Explain why each group is essential for a healthy body. (3 marks)

2. Max says that we only need carbohydrates to survive. Justify why Max is incorrect and explain why a varied diet is more beneficial. (3 marks)

3. Compare and contrast the nutritional needs of a professional athlete compared to someone who spends their day sitting down. What might happen if their diets were swapped? (4 marks)

4. Explain why it is important for humans to consume food rather than making their own nutrition like plants do. (2 marks)

5. If you were designing a 'perfectly balanced' lunchbox for an explorer, which food groups would you include? Explain the purpose of each item you have chosen. (3 marks)

6. Reflect on a meal you ate recently. Evaluate its nutritional value based on the five food groups. What could you add to make it more balanced? (3 marks)

Extension challenge: Design a 7-day 'Nutrition Adventure' meal plan for a fictional character. You must ensure every day includes a balance of protein, carbohydrates, and vitamins. Write a short persuasive paragraph justifying why your meal plan would keep them healthy and energised for a long journey.