

Bea's Nutrition Fact-File

Learning objective: To identify that humans and some other animals need to make their own food, get nutrition from what they eat, and that they cannot make their own food like plants.

Hello! I am Bea the honeybee. I am very busy collecting nectar, but I need your help to learn about healthy food. Look at the sections below. Use the word bank to help you write your answers. Write in short, clear sentences.

Word bank: nutrition · energy · healthy · food · plants · humans · sugar · protein

1. What do humans and animals need to eat to get energy? (Hint: Think about what you had for lunch.) (2 marks)

2. Can humans make their own food like plants do? Explain your answer. (2 marks)

3. List three types of food that help us stay healthy and strong. (3 marks)

4. Why is it important to eat a balanced diet? (2 marks)

Extension challenge: Draw a picture of your favourite healthy meal in the box below. Label the foods that give you lots of energy!