

Healthy Food with Bea the Bee

Learning objective: To identify that humans need the right types and amounts of nutrition to be healthy.

Read each question carefully. Use the word bank to help you spell the names of food groups. If you need help, look at the pictures in your mind of what a balanced plate looks like.

Word bank: protein · carbohydrates · fruit · vegetables · fats · energy · healthy

1. Bea the Bee says we need food for energy. Which two food groups give us the most energy to play and run? (2 marks)

2. Why is it important to eat lots of fruit and vegetables every day? (2 marks)

3. Name one food that is high in protein, which helps our bodies grow and repair. (1 mark)

4. If Max the Monkey wants a healthy snack, should he pick a piece of fruit or a bag of sweets? Why? (2 marks)

5. A balanced meal has many different things. Can you list three different food groups that should be on your dinner plate? (3 marks)

Draw: Draw a healthy lunch on the plate below. Include one item from the fruit group, one from the vegetable group, and one from the protein group.



Extension challenge: Write one sentence about your favourite healthy meal and why it makes you feel good.