

Bea's Balanced Diet Discovery

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

Read the text carefully and answer the questions below using full sentences. Use evidence from the text to support your ideas.

Bea the honeybee loves visiting the local orchard. She explains that just like humans, all living things need nutrition to stay healthy. Unlike plants, which make their own food using sunlight, animals must eat to gain energy. Bea describes a balanced diet as a colorful plate. Carbohydrates, such as bread or potatoes, give us the energy to run and play. Proteins, found in beans, fish, or eggs, are the building blocks that help our bodies grow strong and repair themselves.

Bea also reminds us about vitamins and minerals, which we get from eating plenty of fruits and vegetables. These act like tiny shields, keeping our immune systems strong so we do not get ill easily. Water is just as important, helping our bodies stay hydrated and cool. If we eat too much of one type of food and not enough of others, we might feel tired or sluggish. By choosing a variety of foods, we ensure our bodies have everything they need to function perfectly. Next time you sit down for a meal, think about what nutrients are on your plate!

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

1. According to the text, what is the main difference between how plants and animals get their food? (2 marks)

2. Which food group does Bea describe as the 'building blocks' for the body? (1 mark)

3. Why might someone feel tired or sluggish if they do not eat a balanced diet? (2 marks)

4. Based on the text, why are vitamins and minerals compared to 'tiny shields'? (2 marks)

5. Do you think it is easy for a child to eat a perfectly balanced diet every day? Explain your reasoning. (3 marks)

Draw: Draw a 'balanced plate' of food. Label the different sections of your plate with the nutrients mentioned in the text, such as carbohydrates, proteins, and vitamins.



Extension challenge: Research one food item that is high in protein and one that is high in carbohydrates. Create a mini-poster explaining why your body needs these two specific nutrients.