

Bea's Balanced Bites: Nutrition Flashcards

Learning objective: To identify the different food groups and understand the importance of a balanced diet for humans and animals.

Use these cards to test your knowledge about nutrition. Read the front, try to remember the answer, then check the back!

What do we call the substances in food that our bodies need to grow, repair themselves, and have energy?	Which food group provides us with quick energy for running and playing?
Nutrients	Carbohydrates (e.g., bread, pasta, potatoes)
Which food group is essential for building muscle and helping our bodies grow?	What is the primary job of fats in our bodies?
Protein (e.g., fish, beans, eggs, meat)	To store energy and keep us warm
Why do we need to eat fruits and vegetables every day?	What is a 'balanced diet'?
They provide vital vitamins and minerals to keep us healthy and help us fight off illnesses	Eating the right amount of different food groups to provide everything the body needs to stay healthy
Why is water so important for our bodies?	Which organ does calcium (a mineral) help keep strong?
It keeps us hydrated and helps our bodies function correctly	Our bones and teeth
If a human only ate one type of food, would they be healthy?	True or False: All living things need food to survive.
No, because they would lack the variety of nutrients needed for a balanced diet	True. Food provides the energy and materials for life processes