

Nutrition Detectives: Investigating a Balanced Diet

Learning objective: To identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat.

Use this writing scaffold to explain why a balanced diet is essential for a healthy body. Think like Nova the owl and Bea the bee by using scientific vocabulary to describe how different food groups help us grow, move, and stay strong.

A healthy body is like a finely tuned machine that requires specific fuel to function at its absolute best.

Word bank: nutrients · balanced diet · carbohydrates · proteins · vitamins and minerals · essential · energy · consequently · furthermore · on the other hand

1. Introduction: Why is nutrition essential for all living creatures? Start by explaining that humans and animals cannot make their own food... (2 marks)

2. The Five Food Groups: Describe the different types of nutrients we need. Explain why we require a variety of foods rather than just one type... (3 marks)

3. Energy and Growth: Compare the role of carbohydrates, which provide energy, with the role of proteins, which help our bodies repair and grow... (3 marks)

4. Justify your answer: Why might a diet consisting only of sugary snacks be considered unbalanced and harmful to a person's long-term health? (4 marks)

5. What might happen if: Explain what might happen to a human body if it were deprived of essential vitamins and minerals for a long period of time? (4 marks)

6. Conclusion: Summarise how a balanced diet allows us to lead an active and healthy life. Use a connective to link your final thought... (2 marks)

Extension challenge: Design a 'Perfect Plate' for an athlete. Label the different food groups and write a short justification for why you included each item. How would this plate differ from one designed for a person who is resting?