Year 5 Science Assessment: Nutrition and Healthy Bodies

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

Read each question carefully and write your answers in the spaces provided. Ensure you use scientific terminology where appropriate. You have 30 minutes to complete this assessment.

Max the monkey is very busy today! He has been busy categorising the food items in the forest store to understand what his body needs. Max knows that to stay healthy, he must eat a variety of foods to get all the nutrients required for energy, growth, and repair. Meanwhile, Bea the honeybee is busy explaining to the younger insects that, unlike plants which make their own food using sunlight, animals must find and consume food to survive.

Word bank: nutrients · carbohydrates · protein · vitamins · minerals · energy · balanced · growth · repair

1. Explain why animals, including humans, need to eat food, whereas plants do not. (2 marks)

2. List three different groups of nutrients that humans need for a healthy, balanced diet. (3 marks)

3. Max needs energy to climb the tallest trees. Which type of nutrient should he consume to provide this energy? Give one example of a food that contains this nutrient. (2 marks)

4. Why is it important for a growing child to include protein in their diet? (3 marks)

5. Bea the honeybee says, 'A balanced diet means eating exactly the same amount of every food group every day.' Explain why Bea is incorrect. (4 marks)

6. Nova the owl is planning a healthy lunch. She has a piece of fish (£2.50), a portion of steamed broccoli (£0.80), and a small bowl of brown rice (£0.70). Calculate the total cost of her meal and explain why this is a healthy choice. (6 marks)

7. Write a short paragraph (5 sentences) describing the importance of water in a human diet, and what might happen if someone does not drink enough of it. (5 marks)

Draw: In the space below, draw a 'Healthy Plate' showing at least four different food groups. Label each section with the nutrient type it provides.

Extension challenge: Total: /25