

Bea's Balanced Diet Discovery

Learning objective: To understand the importance of a healthy, balanced diet and the different food groups required for human growth and energy.

Read the text carefully and answer the questions below. Use full sentences where appropriate.

Bea the honeybee has been busy researching what humans need to stay healthy and strong. While bees thrive on nectar and pollen, humans require a much wider variety of nutrients to fuel their bodies. Bea explains that a balanced diet is like a well-built hive; every part has a specific job. Carbohydrates, found in foods like bread, rice, and potatoes, are essential for providing the energy we need to run, jump, and think during the school day. Proteins, such as beans, fish, and eggs, act as the body's building blocks, helping us grow and repairing muscles after exercise. Fruits and vegetables are packed with vital vitamins and minerals that keep our immune systems working well. Bea warns that while a sweet treat might taste delicious, eating too much sugar can lead to an energy crash later on. To grow up healthy, we must eat a rainbow of different foods, ensuring we get a mixture of fats, fibre, and nutrients every single day. By choosing a variety of ingredients, we give our bodies the best fuel for all of our daily adventures.

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

1. According to the text, which food group acts as the body's 'building blocks' for growth? (1 mark)

2. List two examples of carbohydrate-rich foods mentioned by Bea. (2 marks)

3. Why does Bea compare a balanced diet to a 'well-built hive'? (2 marks)

4. What does the text suggest happens if someone relies too heavily on sugary treats? (2 marks)

5. Do you agree that eating a 'rainbow' of foods is important for a child your age? Justify your answer using information from the passage. (3 marks)

Draw: Draw a colourful 'healthy plate' showing a balance of carbohydrates, proteins, and fruits/vegetables, as if you were preparing a meal for Bea to inspect.



Extension challenge: Research one vitamin (e.g., Vitamin C or Vitamin D) and write a short paragraph explaining why it is important for the human body and which foods contain it.