

Nova's Nutrition Knowledge Flashcards

Learning objective: To identify the importance of a balanced diet and understand how nutrients are used by the human body.

Read the front of the card to test your knowledge. Flip it over to check your answer with Nova the owl!

What is a 'balanced diet'?

A balanced diet means eating a wide variety of foods in the right proportions to provide the body with everything it needs to stay healthy.

Which nutrient is primarily responsible for providing the body with energy?

Carbohydrates (such as bread, rice, and pasta).

Why does the body need protein?

Protein is essential for growth and for repairing damaged tissues and muscles.

What is the main function of fats in our diet?

Fats provide a concentrated source of energy and help to keep our body warm and protect our organs.

Why are vitamins and minerals important for our health?

They are needed in small amounts to keep the body functioning correctly, helping to fight off illness and keeping skin, bones, and teeth healthy.

What is the role of fibre in our digestive system?

Fibre helps to keep our digestive system moving and prevents constipation.

Why is it important to stay hydrated by drinking water?

Water makes up a large part of our body and is needed for almost every bodily function, including temperature regulation and digestion.

True or False: The body can produce all the vitamins it needs on its own.

False. Most vitamins must be obtained through the food we eat.

Which food group should we eat the most of to ensure we have enough energy for daily activities?

Carbohydrates (starchy foods).

What is 'calcium' and why do we need it?

Calcium is a mineral that is vital for building and maintaining strong bones and teeth.

Give an example of a food rich in protein.

Meat, fish, eggs, beans, lentils, or nuts.

How can you tell if a diet is 'unbalanced'?

An unbalanced diet might include too much sugar, salt, or fat, and not enough fruits, vegetables, or essential nutrients.