# Nova’s Nutritious Guide to a Balanced Diet

*Learning objective: To identify the importance of a healthy, balanced diet and describe the basic functions of different food groups.*

Use this scaffold to help you write a report about nutrition. Remember to use formal, scientific language and refer to your food groups clearly.

To maintain a healthy body, it is essential for humans to consume a varied and balanced diet that provides the correct amount of nutrients.

*Word bank: essential · nutrients · balanced · energy · consequently · furthermore · specifically · in addition to · vitamins and minerals*

**1. Introduction: Define what a balanced diet is. Start your paragraph by writing: A balanced diet is important because... (2 marks)**

**2. The Role of Carbohydrates: Explain why we need carbohydrates for energy. You could start with: Carbohydrates are the primary fuel source for our bodies, providing... (2 marks)**

**3. Proteins and Growth: Describe the function of protein in the body. Try starting with: Proteins are vital for our growth and repair; for example... (2 marks)**

**4. Vitamins and Minerals: Why do we need fruit and vegetables? Use this prompt: Fruit and vegetables are packed with vitamins and minerals, which help to... (2 marks)**

**5. Conclusion: Summarise the main message. Finish by saying: In conclusion, making healthy choices ensures that... (2 marks)**

*Extension challenge: Nova the owl wants to know about hydration. Write one extra paragraph explaining why water is just as important as the food groups you have discussed.*