

Nova's Nutritious Food Sort

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

Nova the Owl is preparing a balanced meal plan! Look at the list of food items below. Sort each item into the correct category based on the main food group it provides. Use the word bank to help you decide if the item belongs in 'Protein', 'Carbohydrates', 'Fruits and Vegetables', or 'Dairy'.

Word bank: Protein · Carbohydrates · Fruits and Vegetables · Dairy

1. 1. Chicken breast provides energy for growth and repair. Which food group is this? (1 mark)

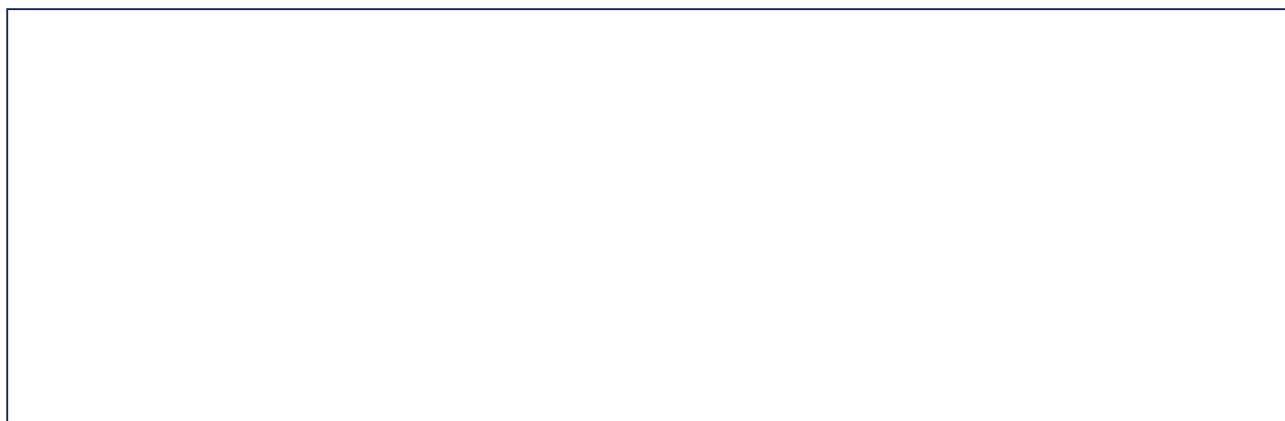
2. 2. Apples and carrots provide vitamins to keep us healthy. Which food group are these in? (1 mark)

3. 3. Pasta and bread give us energy to run and play. Which food group do these belong to? (1 mark)

4. 4. Milk and cheese help keep our bones strong. Which food group is this? (1 mark)

5. 5. Why do humans and other animals need to eat a variety of different food groups instead of just eating one type of food? (2 marks)

Draw: Draw a 'Balanced Plate' for Nova the Owl, including at least one item from each of the four food groups mentioned in the word bank.



Extension challenge: Max the Monkey wants to know how much a healthy lunch costs. If a piece of fruit costs 30p, a sandwich costs £1.20, and a yoghurt costs 50p, calculate the total cost of this meal for Max.