

Nova's Guide to Healthy Bodies

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

Read the passage carefully about how our bodies get energy. Then, answer the questions below using full sentences.

Nova the owl loves to soar through the night sky, but she knows that flying takes a lot of energy. Just like humans, Nova cannot make her own food. She must hunt for it to gain the nutrients her body needs to stay strong. Humans get their energy from eating a balanced diet filled with different food groups. Proteins help our muscles grow, while carbohydrates provide the fuel we need to run and play. We also need vitamins and minerals found in fruits and vegetables to keep our immune systems healthy and our bones strong. If we do not eat the right amount of food, our bodies might feel tired or weak. Our skeletons act as a frame, and without the energy from our food, our muscles would struggle to help us move. By eating a variety of foods, we ensure our bodies have everything they need to grow, repair themselves, and stay active. Whether you are a curious owl or a growing child, a healthy diet is the secret to a happy, energetic life!

Word bank: nutrition · energy · balanced · nutrients · skeleton · muscles

1. According to the text, why do humans need to eat a variety of different food groups? (2 marks)

2. What does the passage say happens to our bodies if we do not eat the right amount of food? (2 marks)

3. Why does Nova the owl need to eat food before she goes flying? (2 marks)

4. Why might a person who exercises a lot need to be careful about what they eat? (2 marks)

5. Do you think it is important to eat vegetables even if you do not like the taste? Explain your answer. (3 marks)

Draw: Draw a 'Balanced Plate' featuring a variety of healthy foods that provide energy for a human, such as fruits, vegetables, and proteins.



Extension challenge: Research one food item and find out which main nutrient group it belongs to (e.g., protein, carbohydrate, or vitamins). Share your findings with a partner.