

Nova's Guide to Healthy Living

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

Use this writing scaffold to explain why humans need a balanced diet. Use your knowledge about food groups to complete each section.

Nova the owl is curious about how humans stay so healthy and active throughout the day.

Word bank: nutrition · balanced diet · carbohydrates · protein · vitamins · minerals · energy · healthy · growth · essential

1. Introduction: Why do humans need to eat food? Start your paragraph by saying: Humans need food because... (2 marks)

2. The Main Food Groups: Can you name three different types of food groups? Start by saying: A balanced diet includes different food groups such as... (3 marks)

3. Energy for Growth: Why is it important to have a variety of foods? Start by saying: It is important to eat a variety of food because... (2 marks)

4. Water and Hydration: Why is water important for our bodies? Start by saying: Besides food, humans also need water because... (2 marks)

5. Conclusion: How can you make sure you have a healthy lifestyle? Start by saying: To stay healthy, I should try to... (2 marks)

Extension challenge: Imagine you are planning a healthy school lunch. Create a menu that includes at least one item from each of the main food groups and explain why each item is good for you.