

Nova's Nutrition Knowledge: Year 5 Science Flashcards

Learning objective: To identify the different food groups, understand the importance of a balanced diet, and recognise the functions of nutrients in the human body.

Use these flashcards to test your knowledge of nutrition. Nova the owl suggests shuffling the cards and quizzing a partner to see if you can explain the role of each food group in keeping our bodies healthy.

Balanced Diet

A diet that contains the correct proportions of nutrients, including carbohydrates, proteins, fats, vitamins, minerals, fibre, and water, to maintain good health.

Carbohydrates

Nutrients that provide the body with its main source of energy for daily activities and movement.

Proteins

Nutrients essential for the growth and repair of body tissues, such as muscles and skin.

Fats

Nutrients that provide a concentrated source of energy and help protect our internal organs and keep us warm.

Vitamins

Organic compounds required in small quantities to help the body function correctly, such as Vitamin C for immunity and Vitamin D for bone health.

Minerals

Inorganic elements, such as calcium for strong bones and iron for healthy blood, needed for various body processes.

Fibre

A type of carbohydrate that the body cannot digest, which helps move food through the digestive system and keeps the gut healthy.

Hydration

The process of replacing water in the body, which is vital for regulating temperature and transporting nutrients to cells.

Glucose

A simple sugar that the body uses as a primary fuel source, often released by the breakdown of carbohydrates.

Nutrients

Substances found in food that organisms need to live, grow, and remain healthy.

What is the primary difference between proteins and carbohydrates?

Carbohydrates are primarily used for immediate energy, whereas proteins are primarily used for the structural growth and repair of body tissues.

Why is it important to consume a variety of different food groups rather than just one?

No single food contains all the necessary nutrients. A variety ensures the body receives a full spectrum of vitamins and minerals required for different biological functions.