

Bea's Brilliant Nutrition Adventure

Learning objective: To identify the importance of a balanced diet, including the functions of different nutrients and the requirements for a healthy human body.

Join Bea the honeybee on an exploration of what our bodies need to stay strong and healthy. Read each question carefully and select or write the best answer. Good luck, young scientists!

Answer Key: 1. B, 2. True, 3. Protein, 4. C, 5. False, 6. A, 7. Fibre, 8. True, 9. Calcium, 10. D. Greater Depth: Nutrition involves complex chemical processes; a balanced diet ensures we have the correct intake of macronutrients and micronutrients to support metabolic function, immune health, and physical development.

Word bank: Carbohydrates · Protein · Vitamins · Minerals · Fibre · Balanced · Energy · Growth

1. Which nutrient is primarily responsible for providing the body with immediate energy? A) Protein B) Carbohydrates* C) Fibre D) Water (1 mark)

2. True or False: Protein is essential for the growth and repair of body tissues. (1 mark)

3. Which nutrient group acts as the 'building blocks' for muscles and is vital for physical growth? (1 mark)

4. Why do humans need a variety of vitamins in their diet? A) To make us sleep B) To store extra fat C) To keep our immune system healthy* D) To stop us from growing (1 mark)

5. True or False: Drinking sugary fizzy drinks is the best way to stay hydrated. (1 mark)

6. Which of these is a healthy source of fat? A) Avocado* B) Sweets C) Crisps D) Fizzy drinks (1 mark)

7. What type of nutrient helps move waste through our digestive system and keeps our gut healthy? (1 mark)

8. True or False: A balanced diet means eating exactly the same amount of every food group every single day. (1 mark)

9. Which mineral is crucial for keeping our bones and teeth strong? (1 mark)

10. What is the primary function of water in the human body? A) To provide energy B) To build muscle C) To store vitamins D) To transport nutrients and remove waste* (1 mark)

Draw: Draw a 'Balanced Plate' featuring a variety of food groups. Label each section (e.g., Carbohydrates, Protein, Fruit and Vegetables, Fats) and explain why each is important for a human body.



Extension challenge: 1. Explain why an athlete might require a different nutritional intake compared to someone who is sedentary. 2. Compare and contrast the roles of carbohydrates and protein in the human body. 3. Justify your answer: Why is it dangerous to rely on only one food group for all of our nutritional needs? 4. What might happen if a human diet lacked sufficient fibre? 5. If you were designing a school lunch menu for a week, what factors would you consider to ensure it is nutritionally balanced? 6. Evaluate the impact of modern food processing on the nutritional value of our diet.