

Nutrition and Healthy Living: Word Mat with Bea the Bee

Learning objective: To understand the components of a healthy, balanced diet and the importance of nutrients for the human body.

Key Vocabulary

Use this vocabulary mat to help you understand how our bodies use food for energy, growth, and repair. The terms are grouped into three categories: 'Essential Nutrients', 'The Balanced Diet', and 'Bodily Processes'.

Explain why a die...	Compare and con...	Justify why fibre ...
What might happ...	If a person increa...	Describe the jour...