

Nova's Guide to Nutritious Living

Learning objective: To describe the importance of a balanced diet and the different food groups required for a healthy human body.

Use this scaffold to structure your report on nutrition. Ensure you use scientific terminology and refer to the Eatwell Guide principles. Think like a scientist; use clear, concise explanations to describe how nutrients fuel our daily activities.

To maintain a healthy lifestyle, the human body relies on a diverse range of nutrients consumed through a balanced diet.

Word bank: carbohydrates · proteins · fats · vitamins · minerals · essential · balanced · energy · metabolism · fibre · consequently · furthermore · in contrast · significantly

1. Introduction: Define what is meant by a 'balanced diet' and explain why it is essential for human growth. Start with: A balanced diet is defined as... (3 marks)

2. The Role of Macronutrients: Describe the function of carbohydrates and proteins in the body. Start with: Carbohydrates act as the primary fuel source, whereas proteins are vital because... (4 marks)

3. Micronutrients: Explain the importance of vitamins and minerals in preventing illness. Start with: Although required in smaller quantities, vitamins and minerals are critical for... (3 marks)

4. Justification: Why might a diet consisting solely of one food group be detrimental to long-term health? Start with: If an individual were to consume only one food group, the consequences would be... (4 marks)

5. Comparison: Compare and contrast the energy needs of a professional athlete with those of a sedentary office worker. Start with: While both individuals require nutrients, their energy intake must differ because... (4 marks)

6. Conclusion: Summarise how making informed food choices impacts physical performance and mental clarity. Start with: In conclusion, prioritising a variety of food groups ensures... (2 marks)

Extension challenge: Nova the Owl is designing a meal plan for a school expedition. Create a 'Nutrition Table' listing three different meals. For each meal, justify the inclusion of specific ingredients by explaining which nutrients they provide and how they support the body's systems (e.g., bone health, muscle repair, or sustained energy release).