

Bea's Balanced Buffet: A Nutrition Sorting Challenge

Learning objective: To identify the five main food groups and understand how they contribute to a healthy, balanced diet as part of the Grade 4 Science curriculum.

Bea the honeybee is busy preparing a balanced feast! Below is a list of food items. Your task is to sort these items into their correct food groups: Carbohydrates, Proteins, Fruits and Vegetables, Dairy, and Fats/Sugars. Write the food item under the correct category heading.

Word bank: Spinach · Chicken breast · Wholegrain bread · Cheddar cheese · Butter · Lentils · Blueberries · Pasta · Yoghurt · Olive oil

1. Sort the items from the word bank into the five food groups. Why is it important to eat a variety of foods from these different groups rather than just one type? (3 marks)

2. Max the monkey wants to run a race. Which food group should he eat more of to get the energy he needs for his muscles, and why? (2 marks)

3. If a meal costs £4.50 and includes a salad (£1.50) and a chicken wrap (£3.00), identify which food group each part belongs to. (2 marks)

4. Explain the role of 'Fruits and Vegetables' in keeping our bodies healthy. What specific nutrients do they often provide? (2 marks)

5. True or False: We should eat the same amount of 'Fats and Sugars' as we do 'Carbohydrates'. Give a reason for your answer. (2 marks)

Draw: Draw a 'Balanced Plate' for Bea the honeybee. Divide your plate into sections and draw one example of food from each of the five groups, ensuring the portion sizes look sensible for a healthy meal.



Extension challenge: Research a 'balanced' meal that costs less than £2.00 per person. List the ingredients and explain why this meal provides a good range of nutrients for a growing child.