

Bea's Balanced Plate: A Nutrition Fact-File

Learning objective: Identify the different food groups required for a healthy, balanced diet and understand their functions in the human body.

Help Bea the honeybee learn about healthy eating! Use your science knowledge to complete this fact-file. Think about the five main food groups and how they help your body grow and stay active. You can use the word bank to help you complete the sections.

Word bank: carbohydrates · proteins · fats · vitamins · minerals · fiber · energy · growth · repair

1. Energy Sources: Describe which food group provides the main energy for our bodies and give two examples of these foods. (2 marks)

2. The Role of Protein: Explain why our bodies need protein. What does it help us do as we grow? (2 marks)

3. Fruit and Vegetables: Why are vitamins and minerals important for our health? Name two vegetables and the vitamins they might contain. (2 marks)

4. Daily Choices: If a healthy school lunch costs £2.50, why is it important to choose a variety of food groups rather than just one type? (2 marks)

5. Balanced Diet: Look at a typical meal you had yesterday. Was it balanced? Explain why or why not using scientific terms. (3 marks)

Extension challenge: Design a 'Super-Meal' menu for Bea. Include at least one item from each of the main food groups and label them clearly.