

Nutrition and Healthy Living with Bea the Honeybee

Learning objective: To identify that living things, including humans, need the right types and amounts of nutrition, and that they cannot make their own food.

Read each question carefully and use your knowledge of food groups and healthy living to provide full, descriptive answers.

Bea the Honeybee is flying around the garden checking on the plants, but she knows that humans need a much wider variety of nutrients than she does! Remember that a healthy body relies on a balanced intake of different food groups to provide energy, growth, and repair.

Word bank: carbohydrates · proteins · fats · vitamins · minerals · fiber · water · balanced diet

1. Bea wants to know why humans need to eat a variety of food. Explain why humans cannot simply eat one type of food to stay healthy. (2 marks)

2. Name the food group that provides our body with the main source of energy for activities like running in the playground. (1 mark)

3. Max the monkey is planning a meal. If he wants to help his muscles grow and repair after climbing trees, which food group should he include? Explain your choice. (2 marks)

4. Why is it important for children to include 'fiber' in their diet even though it is not used for energy? (2 marks)

5. Nova the owl is looking at a food label for a snack that costs £1.20. It contains 15g of sugar. Why might Nova advise against eating too many foods with high sugar content? (2 marks)

Draw: Draw a 'Balanced Plate' for a healthy lunch. Include at least four different food groups (such as carbohydrates, proteins, and fruits/vegetables) and label them clearly.

A large, empty rectangular box with a thin black border, intended for a student to draw a 'Balanced Plate' for a healthy lunch. The box is currently blank.

Extension challenge: Research a 'balanced diet' and write a short menu for a 3-course dinner that includes at least one source of protein, one source of carbohydrates, and two portions of fruit or vegetables.