Nova’s Nutrition Flashcards: Fueling Your Body

Learning objective: To identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat.

Read the front of the card and try to recall the answer before flipping it over. Use these to test your knowledge about healthy eating!

What do we call the substances in food that help our bodies grow and stay healthy?	Nutrition
True or False: Humans can make their own food inside their bodies like plants do.	False. Humans must eat food to get their nutrition.
Why do animals and humans need to eat food?	To get energy to move, grow, and keep our bodies working properly.
Which food group gives us quick energy for running and playing?	Carbohydrates (like bread, pasta, and potatoes).
Which food group helps our bodies to grow and repair damaged parts?	Protein (like meat, fish, eggs, beans, and nuts).
What is a 'balanced diet'?	Eating the right amount of different types of food to give our bodies everything they need.
Why is it important to drink water throughout the day?	To keep our bodies hydrated and help our organs work correctly.
What do we call the food group that protects our bodies from illness and keeps our skin and eyes healthy?	Vitamins and Minerals (found in fruit and vegetables).
What does 'fibre' do for our bodies?	It helps our digestive system stay healthy and move food through our bodies.
Why should we only eat 'sometimes foods' (like sweets and crisps) in small amounts?	Because they often contain high amounts of sugar or fat, but very few vitamins or minerals.
True or False: Every animal needs exactly the same diet as a human.	False. Different animals have different diets depending on what their bodies need to survive.
What is the main job of 'fats' in our diet?	To store energy and keep our bodies warm.