Healthy Eating: A Year 5 Guide

Learning objective: To identify and understand key terminology related to maintaining a healthy and balanced diet.

Key Vocabulary

Use this word mat to help you understand how our bodies use food. The terms are grouped into four categories: Nutrients, Diet, Health, and Digestion. Use the word bank for quick reference during class discussions.

Max the monkey i…	**Why is it importa…**	**If Pip the caterpill…**
How does 'fibre' …	**Nova the owl say…**	