Bea’s Balanced Buffet

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 text carefully and answer the questions below in full sentences.

Bea the honeybee is an expert on nature’s food. She knows that all living things, including humans, need food to survive. Unlike plants, which make their own food using sunlight, humans and animals must find or hunt for their nutrition. Eating a balanced diet is very important for growing strong and staying healthy.

Our bodies need a variety of foods to work properly. Carbohydrates, like bread and potatoes, give us the energy to run and play. Proteins, found in beans, meat, and eggs, help our bodies grow and repair themselves. Fruits and vegetables are packed with vitamins and minerals, which act like tiny shields to keep us from getting ill. Bea explains that if we only ate one type of food, like sugary snacks, our bodies would not get everything they need to be strong. By eating a colourful plate filled with different food groups, we provide our bodies with the fuel they need for a busy day of learning and exploring. Remember, just like Bea collects nectar from many different flowers, we should aim for variety in our meals!

Word bank: nutrition · balanced · energy · nutrients · healthy · variety

1. According to the text, why do humans and animals need to eat food? (2 marks)

2. Which food group does the text say gives us the energy to run and play? (2 marks)

3. Why does the author compare vitamins and minerals to 'tiny shields'? (2 marks)

4. What might happen to a person’s body if they only ate one type of food? (2 marks)

5. Do you think it is easy to eat a balanced diet every day? Explain your answer. (2 marks)

Draw: Draw a 'healthy plate' showing a variety of different food groups, such as vegetables, proteins, and carbohydrates, in bright colours.

Extension challenge: Keep a food diary for one day. List what you ate for breakfast, lunch, and dinner, and try to identify which food group each item belongs to.