Bea’s Balanced Lunch Challenge

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.

Help Bea the honeybee learn about healthy plates! Use the word bank to label the different food groups on your drawing. Remember to include a balanced variety of items that provide energy, growth, and health.

Draw: Draw a large, empty plate in the centre of the page. Fill the plate with a healthy, balanced meal. Include colourful vegetables, a portion of protein (like fish, beans, or chicken), and a source of carbohydrates (like potatoes or brown rice). Draw Bea the honeybee hovering nearby, looking happy. Use clear lines and bright colours. Add labels pointing to the different food groups using the words provided in the word bank.

Label words: Protein · Carbohydrates · Fruit and Vegetables · Fats and Sugars · Dairy

Steps:

1. Why do humans and animals need to eat food? Explain what food provides for our bodies.
2. Which food group helps our bodies grow strong and repair themselves?
3. Why should we only eat small amounts of food from the 'Fats and Sugars' group?
4. Label your drawing to show one example of a carbohydrate, such as bread or pasta.
5. If you were planning a meal for an athlete, why would they need extra carbohydrates?