Bea’s Balanced Diet Fact-File

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 eating! Use this fact-file to plan a balanced meal and explain why our bodies need different types of food to stay strong and healthy. Fill in each box using your knowledge of nutrition and the food groups.

Word bank: carbohydrates · protein · vitamins · minerals · fibre · energy · growth · balanced · nutrition · healthy

1. My Healthy Meal Plan: List three different types of food you would include in a balanced meal and explain which food group each one belongs to. (3 marks)

2. The Role of Nutrition: Why do humans and animals need to eat food? Think about how our bodies use food for energy and growth. (2 marks)

3. The Importance of Variety: Why is it important to eat a wide variety of different foods rather than just eating the same thing every day? (2 marks)

4. Energy Boosters: Which food group gives us the most energy to run, jump, and play? Give an example of a food from this group. (2 marks)

5. Bea’s Science Challenge: If you only ate one type of food for every meal, what might happen to your body? Explain your reasoning. (3 marks)

Extension challenge: Imagine you are Bea the honeybee. Write a short note to your friends explaining why it is important for them to eat a range of colourful fruits and vegetables to get all their vitamins and minerals.