Bea’s Balanced Diet Explorer

Learning objective: Identify the components of a healthy, balanced diet and understand how nutrients support the human body.

Bea the honeybee is busy gathering information about nutrition! Use the word bank to label the different food groups on your plate and explain how they help the body grow and stay healthy.

Draw: Draw a large circular plate in the centre of the page. Inside the plate, sketch a healthy meal featuring a portion of vegetables, a source of protein (such as beans or fish), and a source of carbohydrates (such as wholemeal pasta or potatoes). Use clear, neat lines and add arrows pointing to each component so you can label them accurately using the provided word bank.

Label words: Carbohydrates · Proteins · Fats · Vitamins · Minerals · Fibre · Water

Steps:

1. Step 1: Draw a balanced meal on the plate below including items from different food groups. Label at least four of these items using the terms from the word bank.
2. Why does the body need carbohydrates? Explain their primary function in a sentence.
3. Which food group is most important for repairing body tissues and muscle growth?
4. Why is it important to include fibre in our daily diet?

5. Bea wants to know: what is the main purpose of consuming vitamins and minerals?