Nutrition Explorers with Bea the Bee

Learning objective: To identify the main food groups, understand the importance of a balanced diet, and recognise the impact of nutrients on the human body.

Read the front of each flashcard and try to recall the answer. Flip the card to check your knowledge of nutrition and healthy eating.

What is the primary function of carbohydrates in our diet?	**Why does Nova the Owl need protein in her diet?**
Carbohydrates provide the body with its main source of energy for daily activities.	Proteins are essential for growth and the repair of body tissues and muscles.
What is the main role of fats in the human body?	**Which nutrients are needed in small amounts to keep our immune system healthy and prevent illness?**
Fats provide a concentrated source of energy and help to insulate the body and protect vital organs.	Vitamins and minerals.
What does a 'balanced diet' mean?	**Why is fibre an important part of a healthy diet?**
A diet that contains the correct proportions of all the different food groups needed for good health.	Fibre helps to keep the digestive system healthy and helps food pass through the body easily.
What is the purpose of water in a healthy diet?	**What happens if a body does not get enough of a specific nutrient?**
Water is essential for hydration, regulating body temperature, and transporting nutrients to cells.	It can lead to deficiency diseases or health problems, such as weak bones or fatigue.
Which food group would be best for a quick burst of energy before a race?	**True or False: All fats are unhealthy for the body.**
Carbohydrates (such as starchy foods).	False. While some fats should be limited, the body needs healthy fats to function correctly and absorb vitamins.
What does Bea the Bee suggest is the best way to get a variety of vitamins and minerals?	**What are 'nutrients'?**
Eating a 'rainbow' of different coloured fruits and vegetables.	Substances found in food that the body needs to grow, repair itself, and function properly.