Bea's Balanced Plate Experiment Record

Learning objective: To identify and describe the functions of different nutrients and understand the importance of a balanced diet for health.

Welcome to the hive! Join Bea the honeybee as you investigate how food powers your body. Use this template to analyse your meals for one day. Think about the five main food groups and how they help your body grow, move, and stay healthy. Fill in the boxes below to build your nutrition profile.

Word bank: Carbohydrates · Proteins · Fats · Vitamins · Minerals · Fibre · Energy · Repair · Hydration

1. Daily Food Log: List the main ingredients from one of your meals today. Which food group does each ingredient belong to? (3 marks)

2. Energy Sources: Identify which food from your log provides the most energy (carbohydrates). How does this help you during a busy school day? (2 marks)

3. Growth and Repair: Identify a source of protein in your meal. Why does the human body require protein to function correctly? (2 marks)

4. Vital Nutrients: Explain the role of vitamins and minerals. Why is it important to have a variety of different coloured fruits and vegetables on your plate? (3 marks)

5. Balanced Reflection: Look at your meal choice. Is it a balanced meal? Suggest one item you could add to improve its nutritional value and explain why. (3 marks)

Extension challenge: Research a historical diet from the Victorian era. Compare it to your own diet today: what are the main differences in sugar, protein, and vegetable intake?