Nutrition and the Human Body: A Scientific Report

Learning objective: To identify and describe the functions of different nutrients and explain the importance of a balanced diet for the human body.

Use the writing frame below to help you structure your scientific report. Refer to your recent lessons on the Eatwell Guide to ensure your information is accurate. Use the word bank to help you link your ideas together.

Maintaining a healthy lifestyle relies heavily on the food we consume, as our bodies require specific nutrients to function correctly and remain strong.

Word bank: essential · balanced diet · energy · nutrients · carbohydrates · proteins · vitamins and minerals · fibre · hydration · consequently · furthermore · in addition · vital for

1. Introduction: Why is it important for humans to eat a variety of different food groups? Start by explaining that... (2 marks)

2. Energy Sources: Describe the role of carbohydrates and fats in the body. You could begin with: Carbohydrates are the body's main source of... (2 marks)

3. Growth and Repair: Explain why protein is essential for our bodies. Try starting with: Protein is known as a building block for the body because it... (2 marks)

4. Health and Protection: Discuss the importance of vitamins, minerals, and fibre. You might write: To keep our immune system strong and our digestion working, we need... (2 marks)

5. Conclusion: Summarise the importance of a balanced diet for long-term health. Start your final paragraph with: In conclusion, a balanced diet is vital because... (2 marks)

Extension challenge: Bea the honeybee wants to know what happens if someone only eats one type of food group. Write a short paragraph explaining the potential consequences of an unbalanced diet on the body's growth and energy levels.