Healthy Eating with Bea the Bee

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.

Read each question carefully and use your knowledge of nutrition and healthy eating to provide your answers. Remember to think about what keeps our bodies strong and healthy!

Word bank: nutrients · energy · protein · carbohydrates · vitamins · minerals · balanced · growth

1. Bea the Bee needs energy to fly from flower to flower. Explain why humans and animals need to eat food instead of making their own food like plants do. (2 marks)

2. List three different food groups that make up a healthy, balanced diet. (3 marks)

3. Max the Monkey is planning a snack. He has an apple, a bag of sweets, and a piece of grilled chicken. Which two items would provide the best nutrients for his body and why? (2 marks)

4. Why is it important for a growing child to include protein in their daily meals? (2 marks)

5. If a lunch box costs £3.50 and includes a piece of fruit, a sandwich, and a yoghurt, why is this a better choice for your body than a packet of crisps and a fizzy drink? (2 marks)

Draw: Draw a 'Healthy Plate' for dinner. Include a portion of protein, some carbohydrates, and plenty of colorful vegetables. Label your drawings to show which nutrient each food provides.

Extension challenge: Research one vitamin (like Vitamin C or Vitamin D) and write a short fact file about why it is important for our bodies and which foods we can find it in.