Bea’s Healthy Eating Guide

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.

Use this writing frame to help Bea the Honeybee explain why healthy food is important. Think about the different food groups and why our bodies need them to grow and stay strong.

Bea the Honeybee knows that just like she needs nectar to stay busy, humans need a balanced diet to keep their bodies working properly.

Word bank: nutrition · balanced diet · energy · vitamins · minerals · carbohydrates · protein · healthy · growth · every day

1. What does 'nutrition' mean and why do living things need it? Start your sentence with: Nutrition is... (2 marks)

2. Can you name three different food groups and explain what they help our bodies to do? Start your sentence with: Different food groups help us because... (3 marks)

3. Why is it important to eat a variety of different foods rather than just one type? Start your sentence with: It is important to eat a variety because... (2 marks)

4. Think about a healthy lunch. What would you include to make sure you have enough energy? Start your sentence with: For a healthy lunch, I would choose... (2 marks)

5. How do humans get their food compared to how plants make their own? Start your sentence with: Unlike plants, humans get their food by... (2 marks)

Extension challenge: Imagine you are planning a meal for Max the Monkey. Write a menu that includes a source of protein, carbohydrates, and vitamins. Explain why these choices would help Max stay active for his climbing!