

Health eating

All living things need food to grow, to be strong and to be healthy.



Activity 1:

What kind of food do humans need?!

Food is commonly divided into five food groups.

Can you label the correct food groups on the plate? [Use this video](#) to help or watch after.



fruits and vegetables	meat, fish, eggs, beans, and other non-dairy sources of protein	bread, rice, potatoes, pasta and other starchy foods
oil and spreads	milk and dairy products	food and drinks high in fat and/or sugar

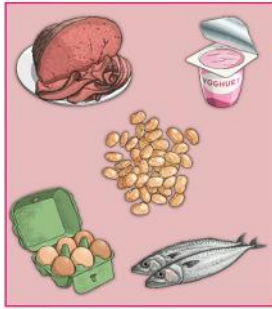
Why do you think foods that are high in sugar and/or fat are not in a food group?

Activity 2:

Types of nutrients.

Nutrients are substances that animals need to stay alive and stay healthy. These nutrients are found in the foods we eat.

Here are seven nutrients.



Proteins help your body to grow and repair itself.

Foods high in protein include:

Red Meat
Fish
Beans
Yoghurt



Fats give you energy.

Foods high in fats include:

Nuts
Oils
Avocados
Butter



Minerals keep your body healthy.

Foods high in minerals include:

Milk
Spinach
Salt
Sweetcorn



Carbohydrates give you energy.

Foods high in carbohydrates include:

Bread
Pasta
Fruit
Potatoes

Nutrient	Found in... (examples)
carbohydrates	
protein	
fibre	
fats	
vitamins	
minerals	
water	



Water helps to move nutrients in your body and get rid of waste that you don't need. It is an essential nutrient for our survival. While it is really important to drink plenty of water, it is also important to remember that many foods contain water also.

Foods high in water include:

Tomatoes
Cucumbers
Lettuce
Strawberries



Fibre helps you to digest the food that you have eaten.

Foods high in fibre include:

Cereal
Apples
Wholegrain bread
Lentils










Vitamins keep your body healthy.

Foods high in vitamins include:

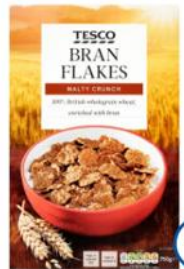
Oranges
Carrots
Beef
Nuts

Draw a line to match the nutrient type with why we need it.

Nutrient Type	Foods That Provides Nutrient		Why We Need It
Protein			Keeps you healthy
Carbohydrates			Moves nutrients in the body Cleans waste
Fats			Helps you digest food
Vitamins			Keeps you healthy
Minerals			Gives energy
Water			Grows and repairs your body
Fibre			Gives energy

Activity 3:

To help decide if food is healthy or unhealthy, food packaging has these labels on them. This shows you what the food contains. If it is **green**, it means **good**, there is less of it in there, **orange** means **okay** and **red** means **bad**.



Per 30g

Energy	Fat	Saturates	Sugars	Salt
450kJ 107kcal	0.7g	0.1g	4.1g	0.2g
5%	1%	1%	5%	3%



One biscuit

Energy	Fat	Saturates	Sugars	Salt
286kJ 68kcal	3.0g	1.7g	3.5g	0.1g
3%	4%	9%	4%	1%

Here are 2 examples. The cereal 'Bran Flakes' looks pretty healthy compared to the 'Bourbon' biscuits. This means you should have less biscuits and think carefully how many you eat at once.

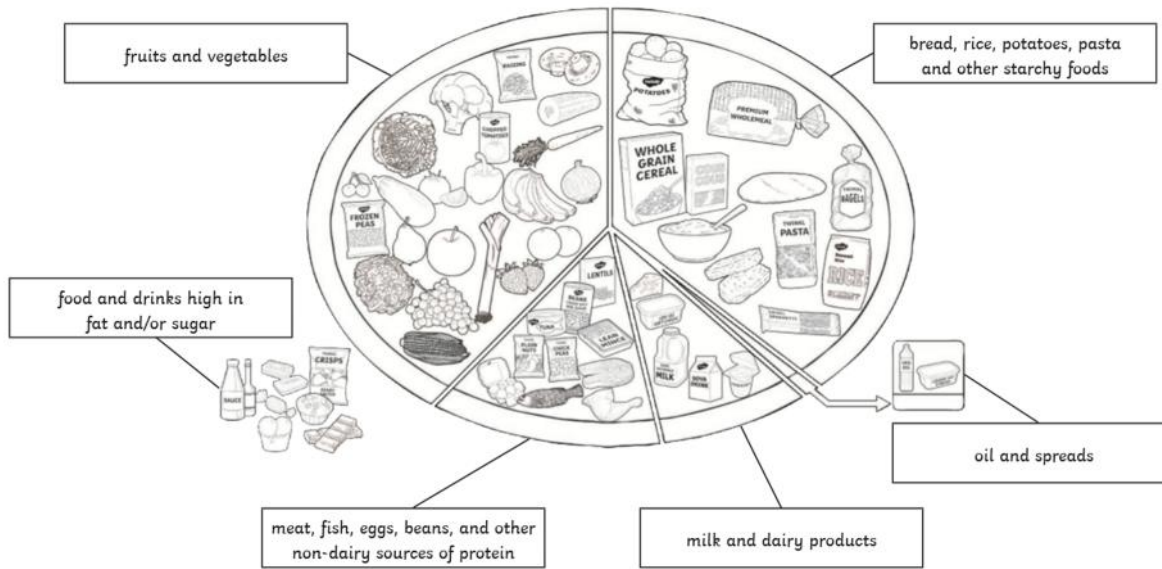
Look in your house for different foods. You need to look at the labels and decide if they are healthy or unhealthy

Name of food	Is it healthy? Why?	How often should you eat it?	What could be a healthier choice?
Bourbon biscuits	No because it is high in fat and <u>sugar</u> .	Only sometimes.	Piece of fruit

Once you have completed your table, use this [link](#) to play some online games about nutrients and healthy eating or if you want to find out more about [healthy eating](#) there are lots of healthy recipes on this website.

Answers:

Activity 1:



Activity 2:

Nutrient Type	Food That Provides Nutrient	Why We Need It
Protein		Grows and repairs your body
Carbohydrates		Gives Energy
Fats		Gives Energy
Vitamins		Keeps you healthy
Minerals		Keeps you healthy
Water		Moves nutrients in the body Cleans waste
Fibre		Helps you digest food

Activity 3: depends on what foods you have chosen.