

Science

This half term, our science topic is...



**Animals
Including Humans**

L.O: To understand that animals
need the right types and amounts
of nutrition



Steps to success

I know what humans need to survive

I know why different food types are important

I can explain what nutrition means

What do humans need to survive?

- ?

- ?


- ?

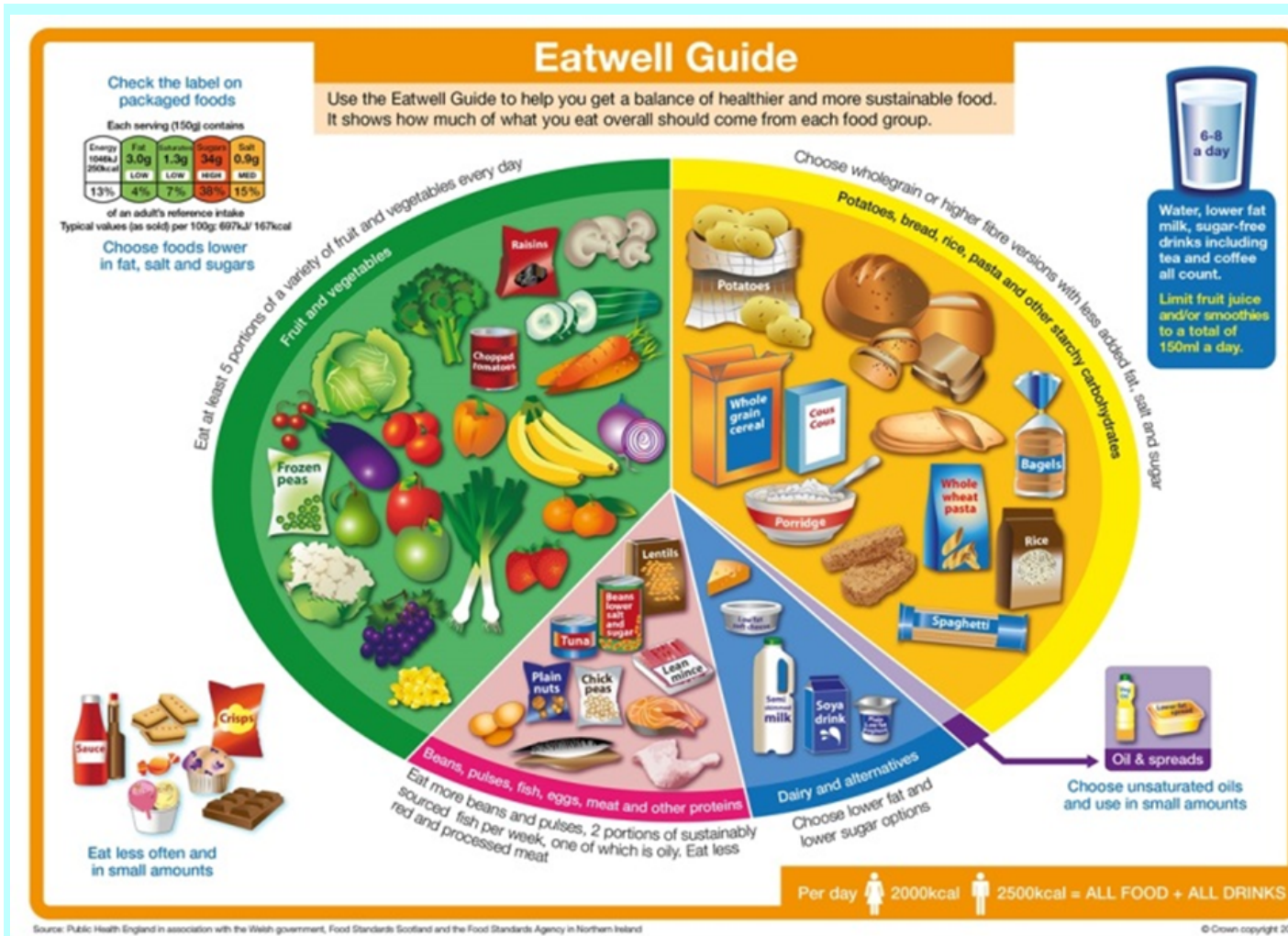
What do humans need to survive?

- water
- air
- food

Animals, including humans, need the right types and amount of *nutrition*.

Nutrition is how living things use food for *growth*.

 Food needed by the human body



The Nutrient Pyramid



There are **7** types of nutrients.

Most foods contain more than one type of nutrient.

For example:

Cereal contains fibre, carbohydrates and vitamins. However it is included in the fibre group because this is main nutrient you get from eating it.

Did you know that vegetables contain water? However, we eat them because they are high in vitamins and minerals.

What is a balanced diet?



Types of Nutrients - Proteins



Proteins help your body
to grow and repair itself.

Foods high in protein
include:

Red Meat
Fish
Beans
Yoghurt

Types of Nutrients - Carbohydrates



Carbohydrates give you energy.

Foods high in carbohydrates include:

**Bread
Pasta
Fruit
Potatoes**

Types of Nutrients - Fats



Fats give you energy.

Foods high in fats include:

Nuts
Oils
Avocados
Butter

Types of Nutrients - Vitamins



Vitamins keep your body healthy.

Foods high in vitamins include:

**Oranges
Carrots
Beef
Nuts**

Types of Nutrients - Minerals



Minerals keep your body healthy.

Foods high in minerals include:

Milk
Spinach
Salt
Sweetcorn

Types of Nutrients - 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

Types of Nutrients - Fibre



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

**Foods high in fibre
include:**

**Cereal
Apples
Wholegrain bread
Lentils**

Your task:

Match the nutrient type to the picture and the reason why we need it.

Cut them out neatly and stick them in the correct place in the table.








If you don't have the worksheet, you could draw your own table or create one on a computer.

<i>Nutrient type</i>	<i>Food that provides the nutrient</i>	<i>Why we need it</i>
<i>Protein</i>		
<i>Carbohydrate</i>		
<i>Fats</i>		
<i>Vitamins</i>		
<i>Minerals</i>		
<i>Water</i>		
<i>Fibre</i>		



Keeps you healthy
Helps you digest food
Keeps you healthy
Gives energy
Helps the body grow and repair itself
Gives energy
Moves nutrients in the body


Answers

Nutrient type	Food that provides the nutrient	Why we need it
Protein		Helps the body grow and repair itself
Carbohydrate		Gives energy
Fats		Gives energy
Vitamins		Keeps you healthy
Minerals		Keeps you healthy
Water		Moves nutrients in the body
Fibre		Helps you digest food

Food and health

(a) Damon has a balanced diet. It helps him to keep healthy.

Which of the following **best** describes a **balanced** diet?

 Tick **ONE** box.

eating mostly fruit
and vegetables

☐

eating foods from
different food groups

☐

taking vitamin pills

☐

not eating sweets

☐

Challenge questions

Balanced Diets

- (a) A class carries out a survey to find out how often the children eat vegetables.

Tally chart to show how often the children eat vegetables

How often?	How often?
more than once a day	HHH /
once a day	HHH / / / /
once a week	HHH HHH /
less than once a week	/ / /
never	/

Use the tally chart. How many children eat vegetables more than once a day?



1 mark

- (b) Eleven children gave the same answer as each other.

Use the tally chart to find out what answer these eleven children gave.



1 mark

(c) In a balanced diet, each food group has a special function in the body. Each food below is a good source of something the body needs.

Draw **THREE** lines below to match each food to its special function.

Click +

Food

Function: Good source of...

carrots and oranges

fuel for activity.

chicken and eggs

new material for growth.

bread and cakes

vitamins for health.

1 mark

Challenge question answers

Balanced Diets

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Use the tally chart. How many children eat vegetables more than once a day?

 6

1 mark

- (b) Eleven children gave the same answer as each other.

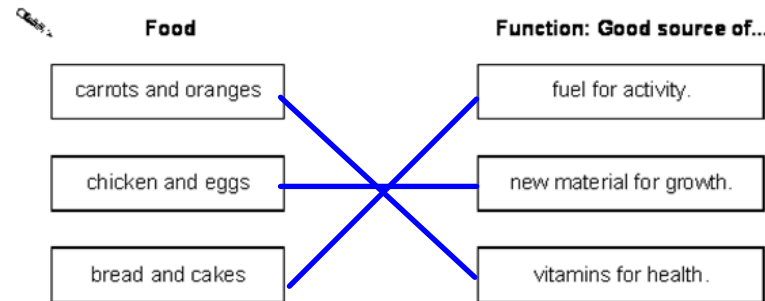
Use the tally chart to find out what answer these eleven children gave.

 once a week

1 mark

(c) In a balanced diet, each food group has a special function in the body. Each food below is a good source of something the body needs.

Draw **THREE** lines below to match each food to its special function.



1 mark