

Our second lesson on our new animals and humans topic is all about a **balanced diet** (eating the right amounts of the different food groups).

Read through the PowerPoint and work through the activities 😊

Enjoy!

Love Miss Robertson xxx

What is a balanced diet?

A healthy diet is sometimes called a **balanced diet** as it needs to consist of **different types of foods**.

Eating properly and regularly is really important; what we eat and drink now, affects our health in the future.



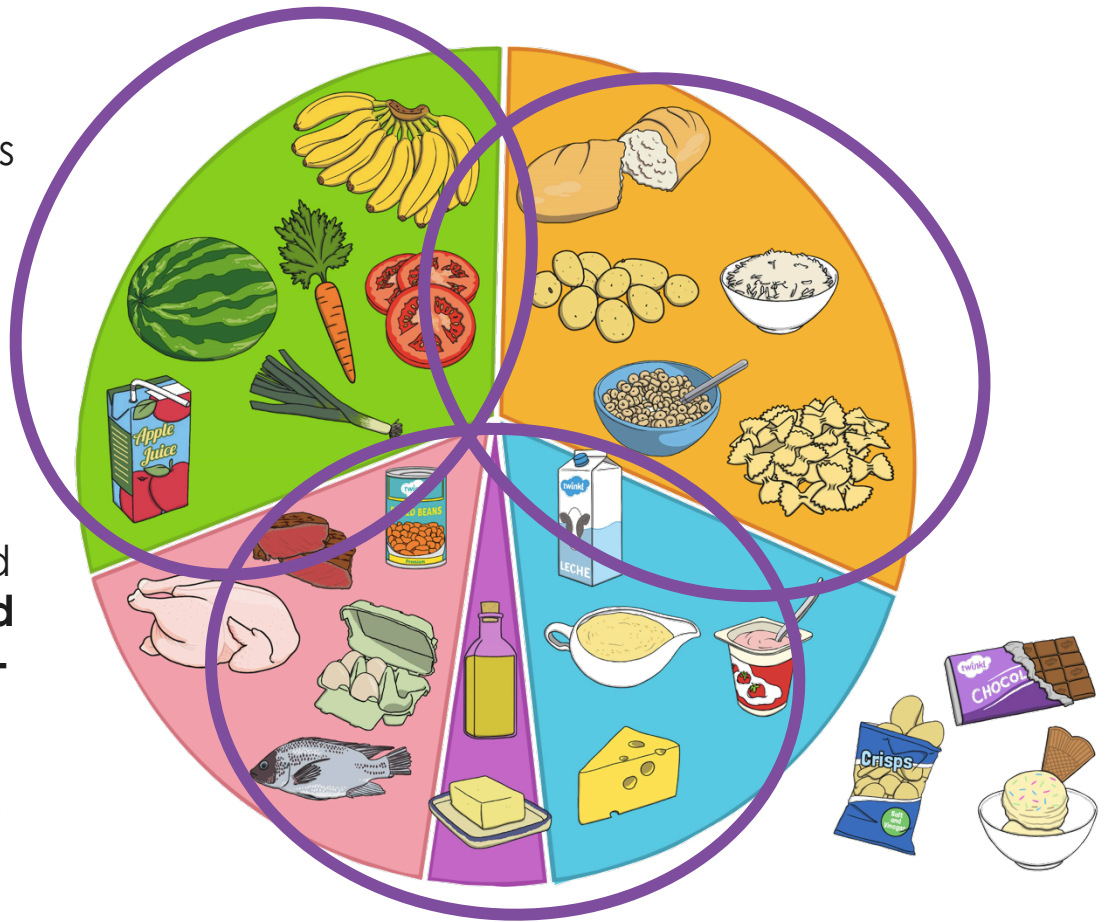
Watch this video clip for some more information about balanced diets:

<https://www.youtube.com/watch?v=mMHVEFWNLMc>

What Should We Be Eating? 'The Eatwell Plate'

To be healthy, nutritious food is needed to **provide energy for the body**. A variety of food is needed in the diet **because different foods contain different substances that are needed to keep you healthy**.

An average meal should be made up of **one-third carbohydrates** and **one-third fruit and vegetables**, with the remaining **one-third split between dairy, protein and a little bit of fat**.



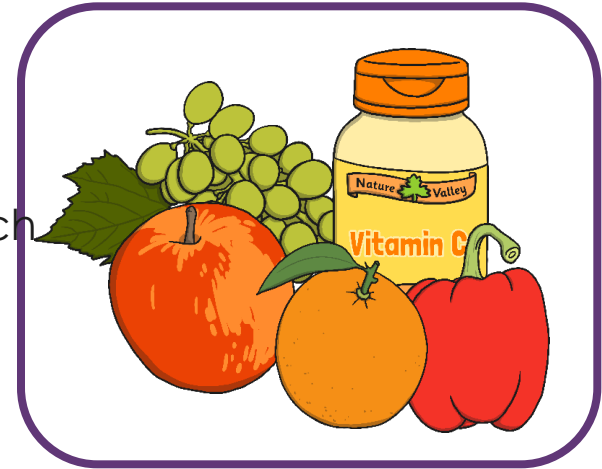


Let's learn about what the different groups on the eatwell plate do for our bodies 😊

Fruit and Vegetables

Fruit and vegetables are a good source of vitamins and minerals, including vitamin C and potassium.

They're an excellent source of dietary fibre, which helps maintain healthy digestion.



A diet high in fibre can also reduce your risk of heart disease, stroke and some cancers.

Help to keep your body healthy, to grow and repair and help to fight infections.

Fruit and vegetables taste delicious and there's a wide variety to choose from.



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Bread, Rice, Potatoes & Pasta

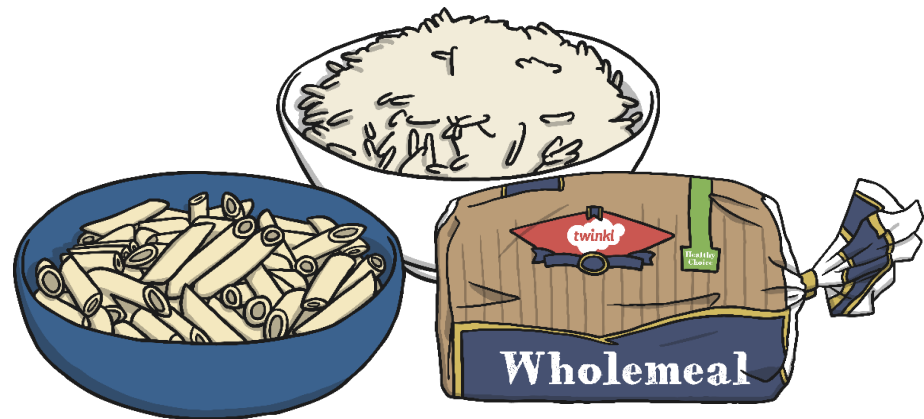
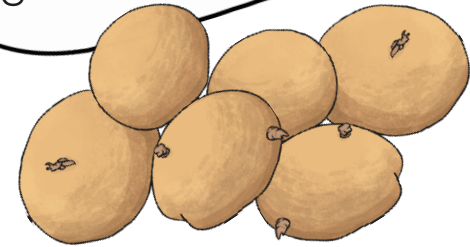
(and other starchy foods)

Starchy foods are a good source of energy and the main source of a range of nutrients in our diet.

As well as starch, they contain fibre, calcium, iron and B vitamins.

You should eat **lots** of these foods everyday.

Remember - potatoes don't count as one of your fruit or vegetables!





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Milk and Dairy

Milk and dairy products are great sources of protein and calcium. To make healthier choices, go for lower-fat milk and dairy foods.

Our bodies need protein to work properly and to grow or repair themselves. Calcium helps to keep our bones and teeth strong.

The calcium in dairy foods is particularly good for us because our bodies absorb it easily.



What counts as 1 portion of Milk and Dairy?

200ml glass of **milk**;
150g or a pot of yogurt;
30g or a matchbox sized piece of hard cheese.

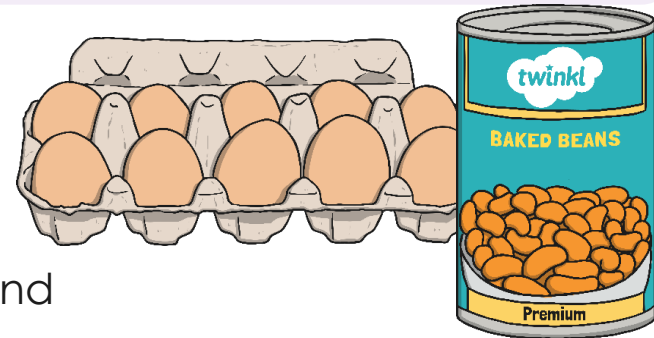
You should eat 2-3 portions of these every day.



Let's learn about what the different groups on the eatwell plate do for our bodies 😊

Meat, Fish, Eggs and Beans

(and other non-dairy products)

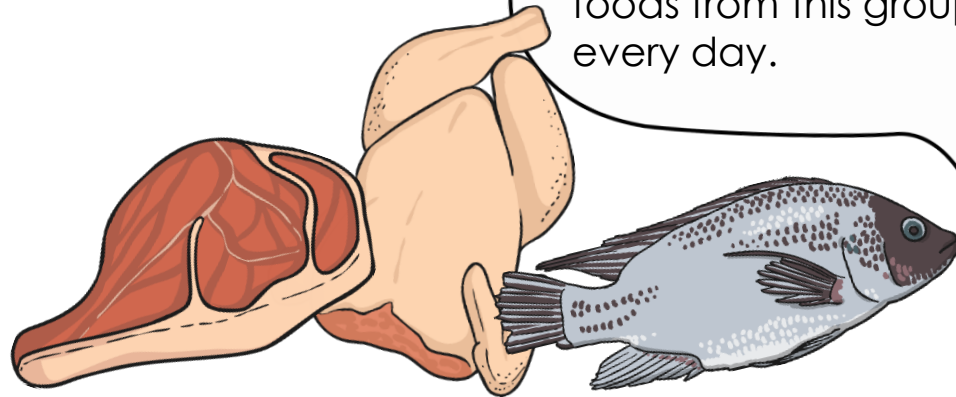


Meat is a good source of protein, vitamins and minerals in your diet.

These foods help the body to grow and repair itself and keep hair, skin, muscles and nails strong.

Some meats are high in saturated fat, which can raise blood cholesterol levels.

We should eat some foods from this group every day.





Let's learn about what the different groups on the eatwell plate do for our bodies 😊

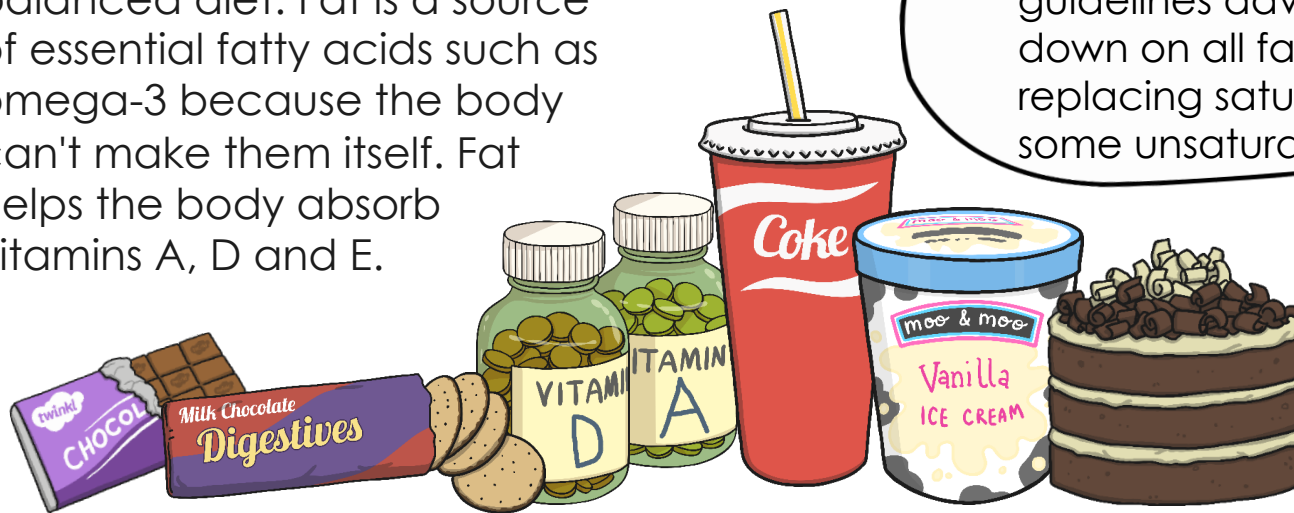
Foods and Drinks High in Fat and Sugar

These foods provide the body with energy, warmth and insulation around vital organs.

Too much fat in your diet can raise cholesterol, which increases the risk of heart disease.

A small amount of fat is an essential part of a healthy, balanced diet. Fat is a source of essential fatty acids such as omega-3 because the body can't make them itself. Fat helps the body absorb vitamins A, D and E.

Current UK government guidelines advise cutting down on all fats and replacing saturated fat with some unsaturated fat



Saturated and Unsaturated Fats

Saturated Fats

Eaten in small amounts, they can help keep parts of the body such as your brain, liver and lungs healthy.

However, too much saturated fat will cause health problems and can lead to obesity and heart problems.



Unsaturated Fats

There should be more unsaturated than saturated fat in your diet.

These fats give you energy, vitamins and minerals.

Unsaturated fats actually help keep your heart healthy.



Activity 1: Sort the fats into the table below. Draw it out onto paper if you need to 😊

Sort Saturated and Unsaturated Fats

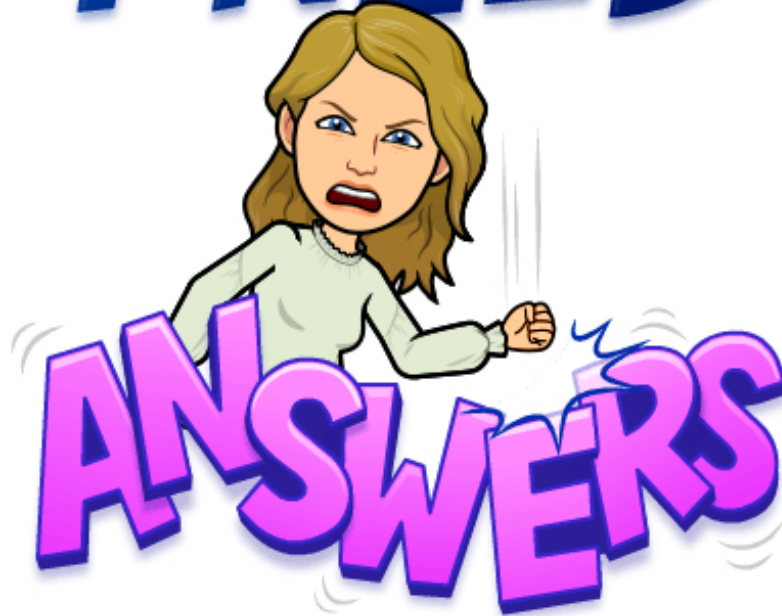
Sort the following foods based on the types of fat they contain.



Unsaturated Fat

Saturated Fat

I NEED

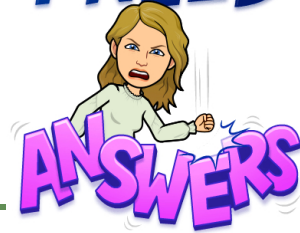


Answers are on the next slide 😊

Sort Saturated and Unsaturated Fats

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I NEED



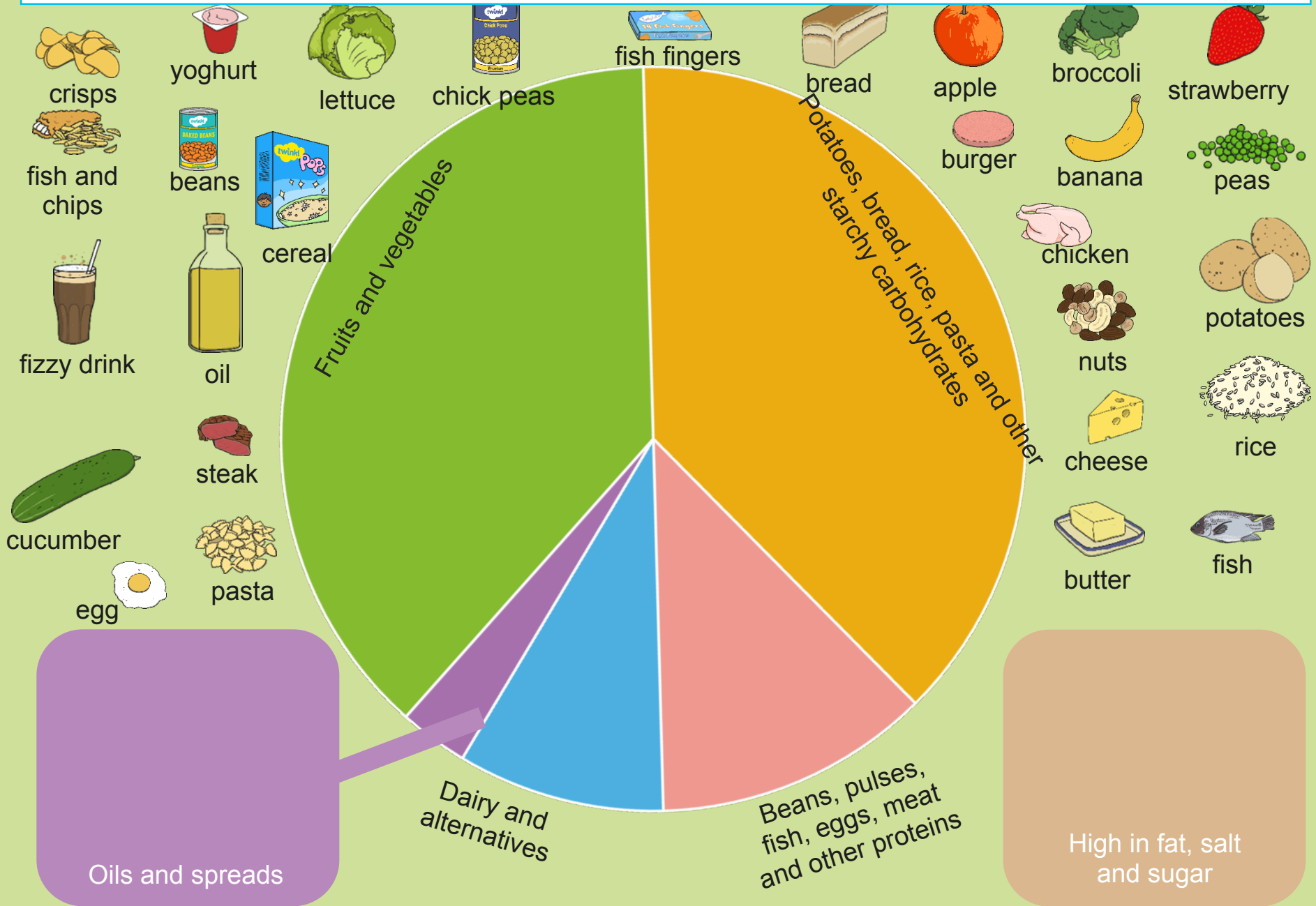
Unsaturated Fat



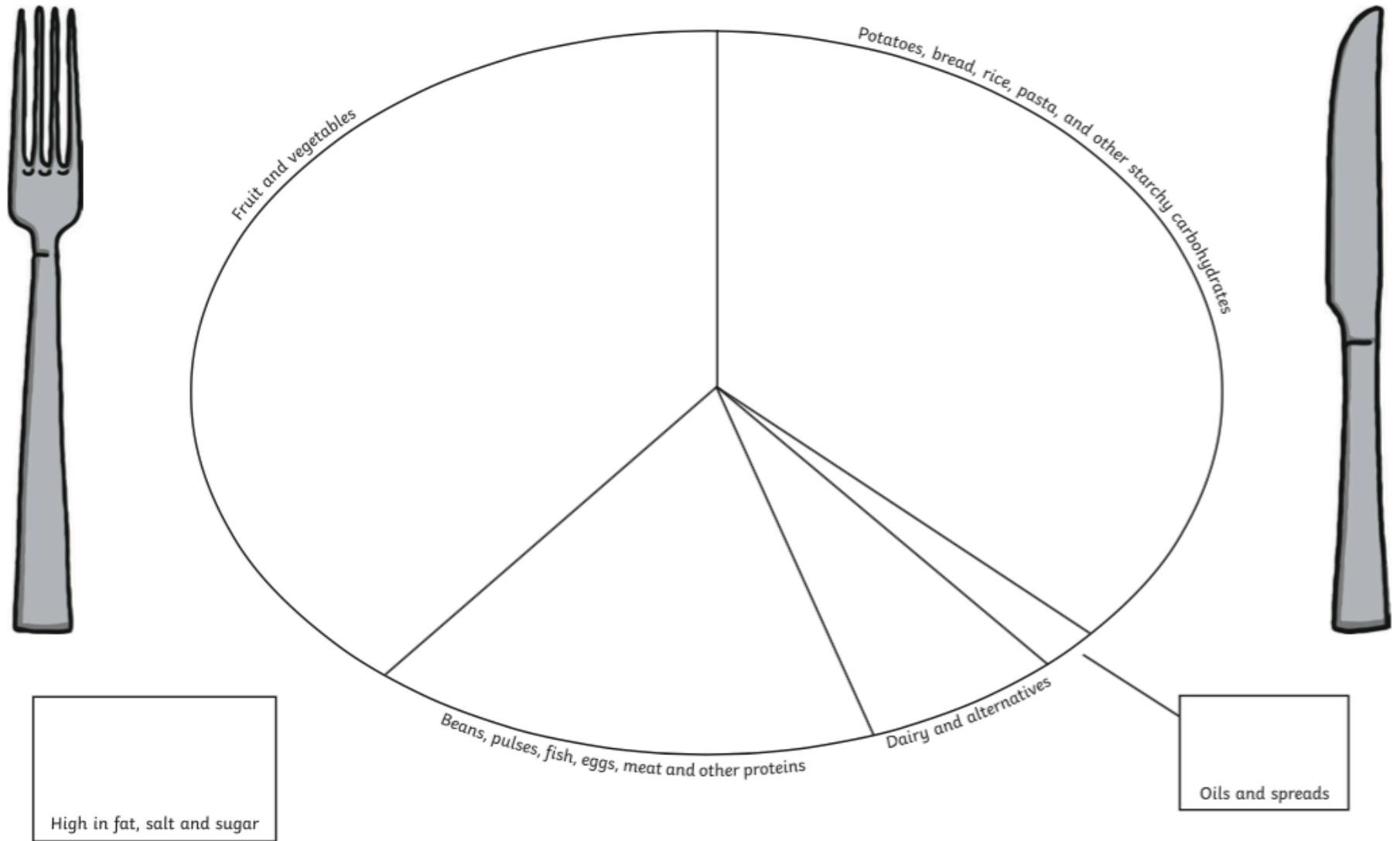
Saturated Fat



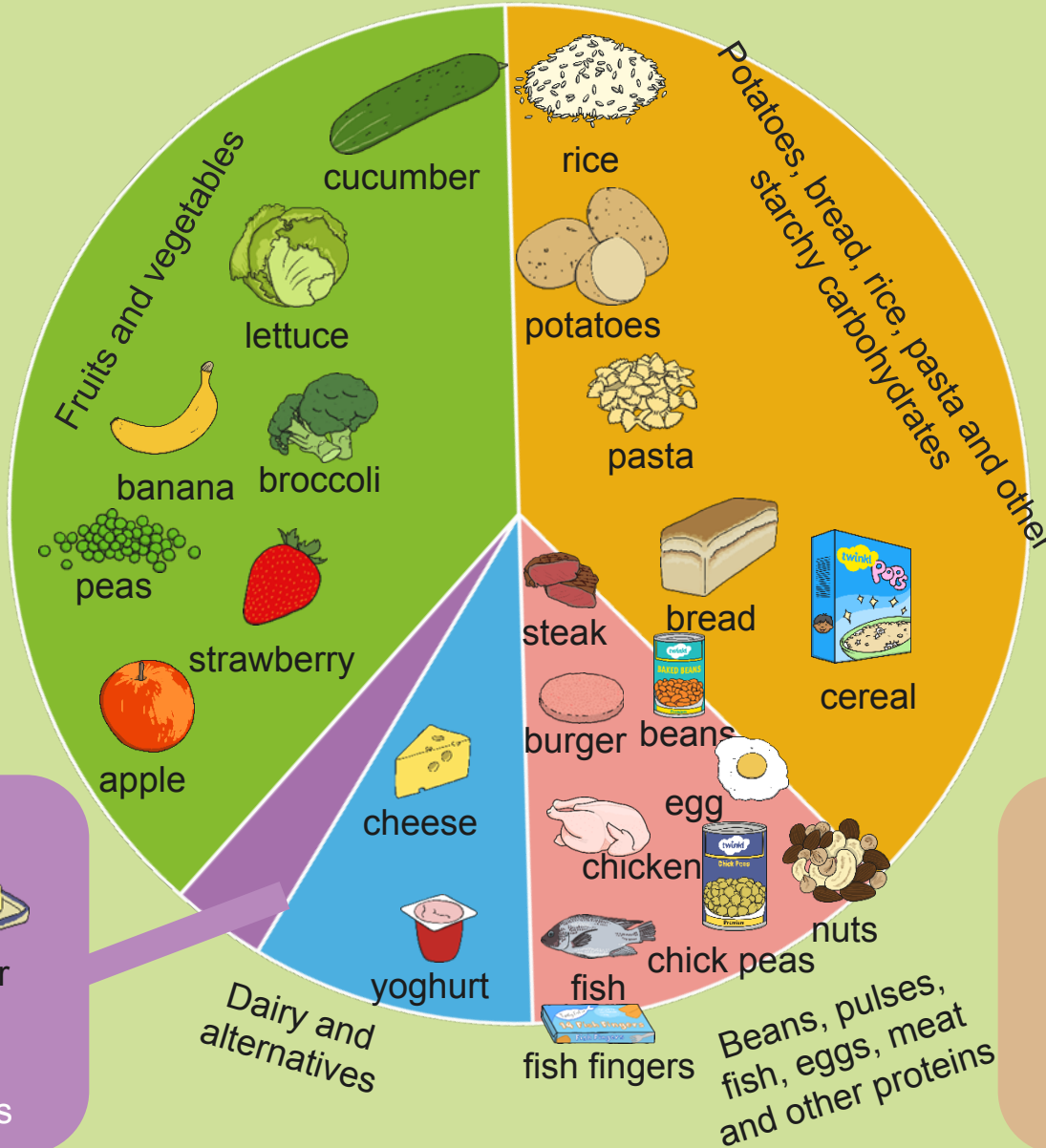
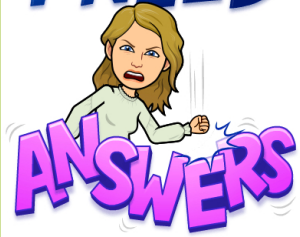
Activity 2: Sort the foods into the correct place on the Eatwell plate. There is a blank template for you to use or draw your own plate.



Healthy eating plate template:



I NEED



oil
butter

Oils and spreads

fizzy drink
crisps

High in fat, salt and sugar

Activity 3: Plan out your own healthy meal. Draw and label the foods on your plate. Can you include each of the 5 food groups in your meal? Use my example on the next page to help you 😊

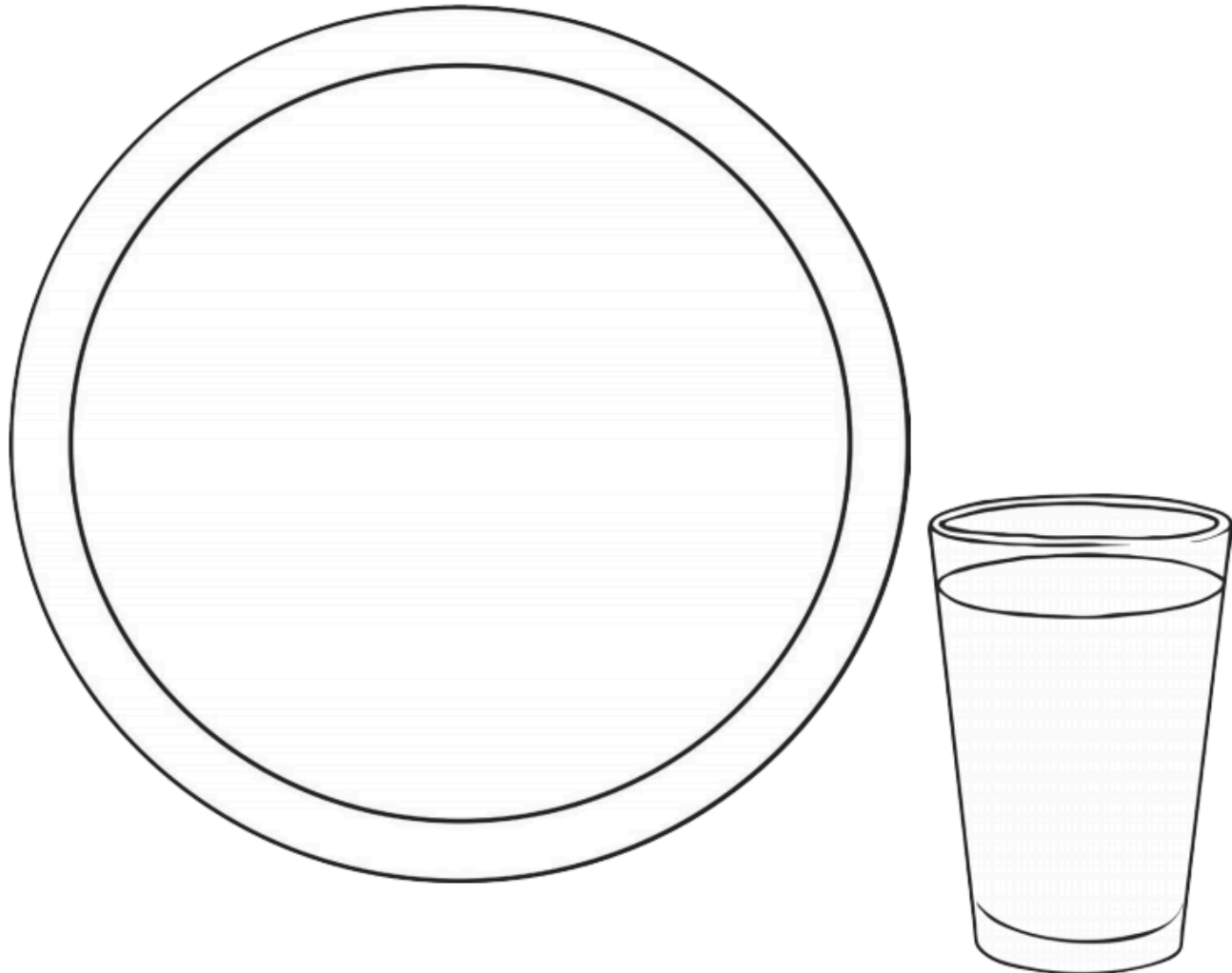
Plan a Healthy Meal

Using your knowledge of the Eatwell Guide, plan a healthy meal that includes all 5 food groups. Use the checklist to ensure you include everything you need.

Success Criteria:

Use this checklist to ensure you have included all 5 groups in your meal.

- Fruit and Vegetables
- Carbohydrates
- Protein
- Dairy
- Fats



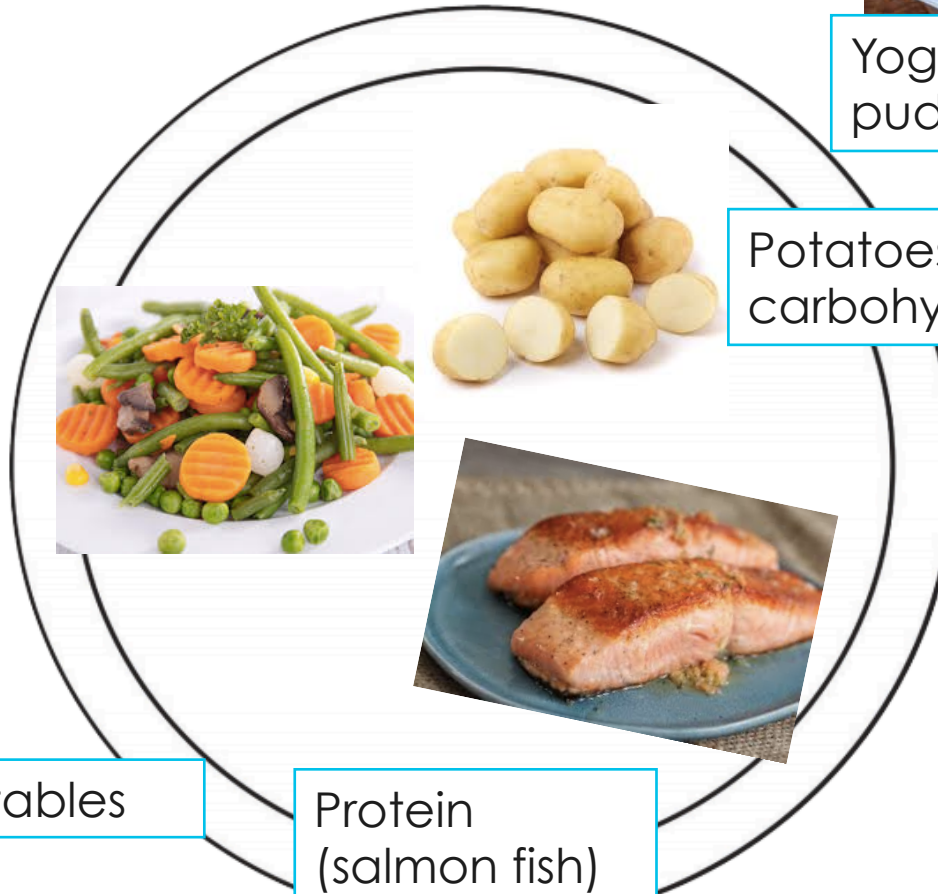
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Yoghurt for pudding (dairy)

Potatoes for carbohydrates

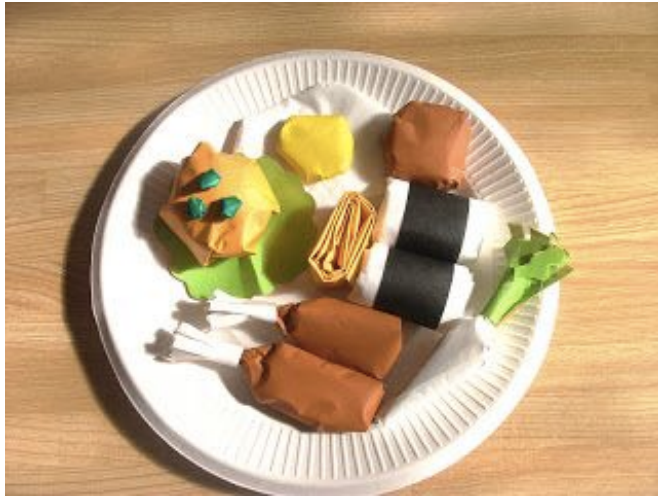
Vegetables

Protein (salmon fish)
Cooked in a little bit of oil (fat)

Water to drink

Optional extra activity: You might like to make a 3D version of your meal out of materials that you have in your house. Use the examples below for some inspiration.

Please don't worry if you don't have time to do this though 😊



Extra challenge: Label the different food groups



Thank you for working so hard.
You are all superstars 😊
Please send you work into
yearthree@st-jo-st.dudley.sch.uk