

Science:

This half term we are learning about the basic needs of humans and other animals (hygiene, water, food, air). This week we will be learning about the importance of eating a balanced diet.

Lesson 3: What is a healthy diet? In this lesson we will learn about different food groups and what we use each food group for.

Key vocabulary: carbohydrate, protein, vitamins, minerals, diet, healthy

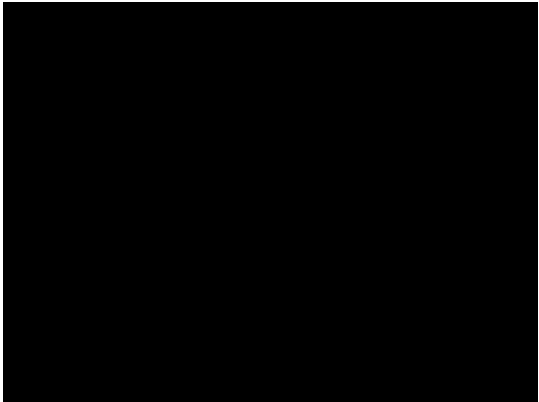
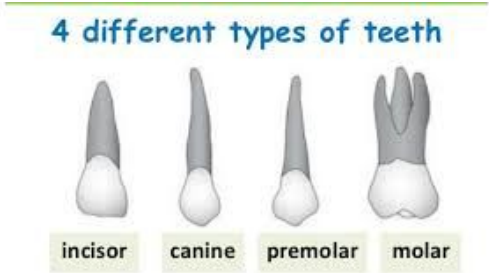
There are videos on the slides for children to watch. Thank you to the parents who gave me permission to use their child's photos and videos.

1. A look at children's science experiment results
2. Key vocabulary - carbohydrate, protein, vitamins, minerals, diet, healthy
3. Different types of food
4. Balanced diet meaning
5. Activity - Kitchen Food Hunt or Design a meal that is an example of a Balanced Diet (worksheets at the end of the slides or children can record in their own way)
6. Challenge question - What would happen if we only ate one type of food?
7. Optional activity
 1. Busy Things activities - Cooking and Nutrition - Naming Ingredients

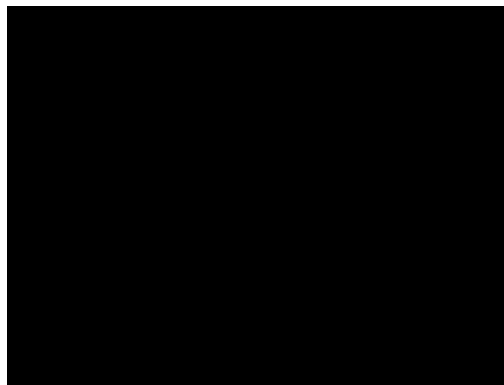
Science Experiment Results

How Can We Avoid Tooth Decay?

Did you take part in this experiment last week? Watch Orla and Esme set up the experiment and explain their predictions. Thank you for the fantastic video!

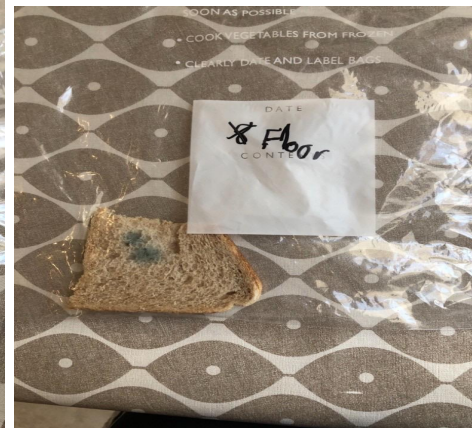


How Germs Spread - Robyn and Evie

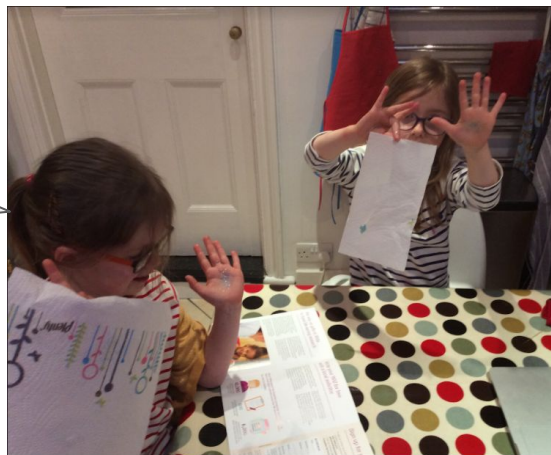


Your Science Experiment Results

Growing Germs - Katherine

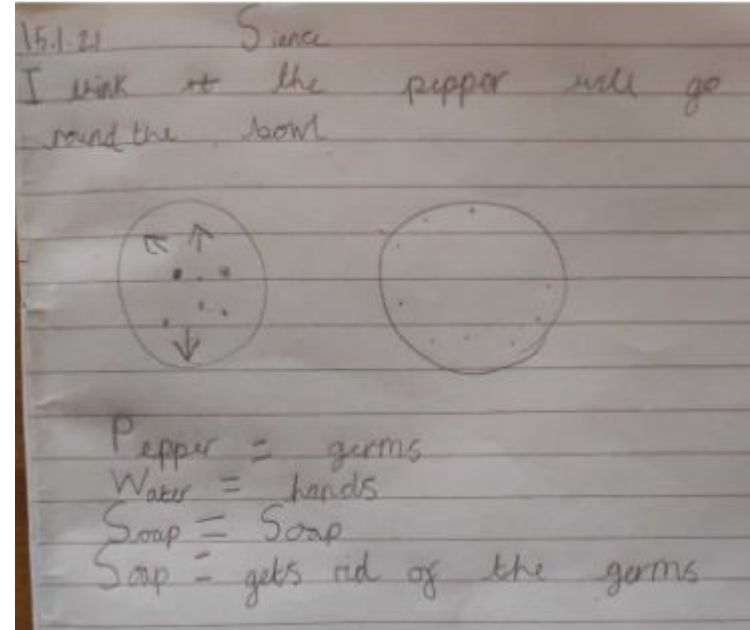
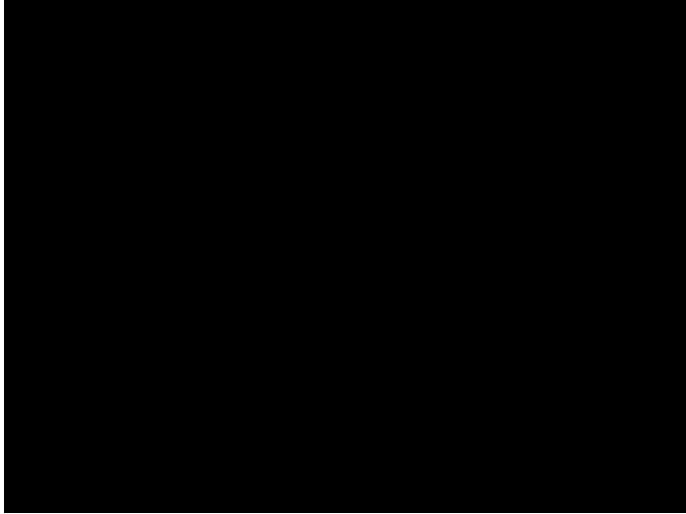


Thank you
for sharing
your results!



Your Science Experiment Results

Why Soap Works - Ella



What is a healthy diet?

carbohydrate

protein

vitamins

minerals

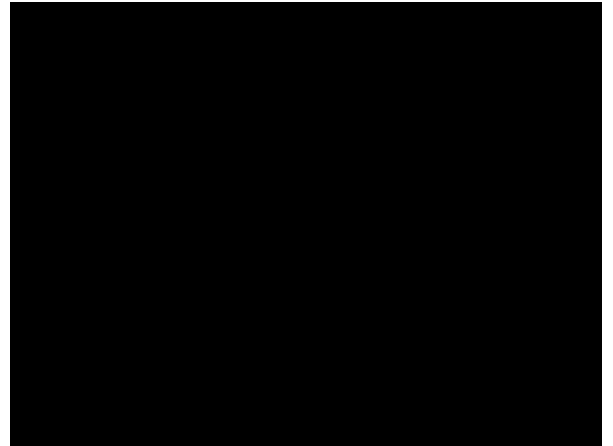
diet



healthy



Vocabulary!



diet



Food and Drinks High / or Sugar

Eat less often and in
small amounts.



How many of the
different foods can you
name?



Water, lower fat
milk, sugar-free
drinks including
tea and coffee
all count.

Limit fruit juice
and/or smoothies
to a total of
150ml a day.



Fruit and vegetables - help our bodies to work really well because they are good sources of vitamins and minerals.



Food and Drinks High / or Sugar

Eat less often and in small amounts.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Carbohydrates - starchy and very sugary foods. They give you energy.



Protein - help our bodies to grow and repair.

Dairy and alternatives - good source of protein, vitamins and calcium — essential for strong teeth and bones

Fats and Oils - fat is used as an energy store.

balanced diet



Food and Drinks High / or Sugar
Eat less often and in small amounts.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.



Activities:

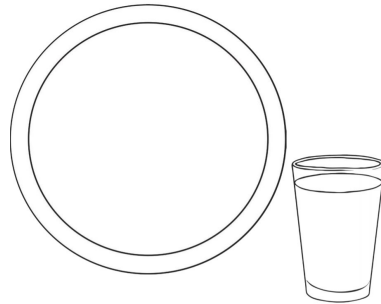
Option 1:

Kitchen Food Hunt - Have a look in your kitchen for food. Can you write or draw what you find into the correct food group. You may like to record them on the sheet provided or record your findings in your own way.

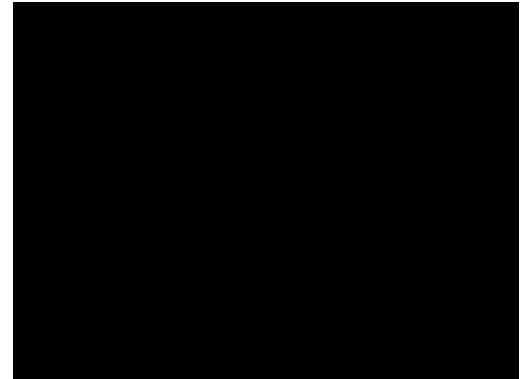
<u>Carbohydrates</u>	<u>Proteins</u>
<u>Fats and Oils</u>	<u>Fruit and Vegetables</u>

Option 2:

Design a meal that is an example of a balanced diet. You might like to use the plate sheet or record your thinking in your own way.



Challenge Question: What would happen if we only ate one type of food?



Optional activity

Busy Things - Cooking and Nutrition

Naming ingredients

My recipe
Draw and write about a recipe you like.

WRITING PROJECT

Name vegetables - simple
Label the vegetables.

INTERACTIVE WORKSHEET

Name vegetables - advanced
Label the vegetables.

INTERACTIVE WORKSHEET

Name fruits - simple
Label the fruit.

INTERACTIVE WORKSHEET

Name fruit - advanced
Label the fruit.

INTERACTIVE WORKSHEET

Name salad vegetables
Label the salad vegetables.

INTERACTIVE WORKSHEET

Name types of nut
Label the nuts.

INTERACTIVE WORKSHEET

Kitchen Food Hunt



We have been learning about different food groups and what we use each food group for.

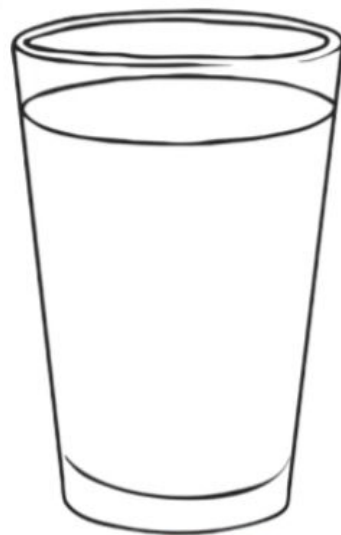
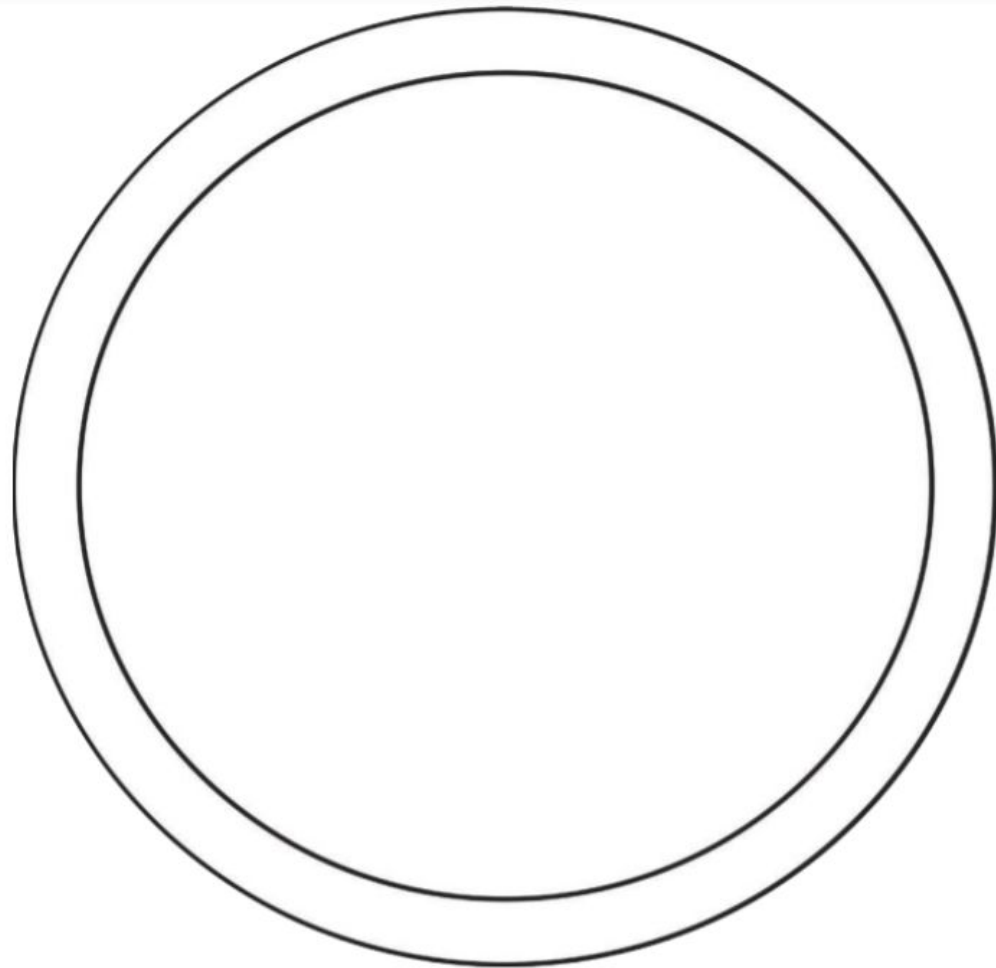
Have a look in your kitchen for food. Can you write or draw what you find into the correct food group.

Carbohydrates - starchy and very sugary foods. They give you energy.

Proteins - help our bodies to grow and repair.

Fats and Oils - fat is used as an energy store.

Fruit and Vegetables - help our bodies to work really well because they are good sources of vitamins and minerals.



Design a Meal

We have been learning about different food groups and what we use each food group for.

Design a meal that is an example of a balanced diet.