

**What should I already know?**

I can describe the importance of exercise, eating the right amounts of different types of food, and hygiene to humans.

**Enquiry Question**

**What is a balanced diet and is it important?**

**Vocabulary**

Fat	gives you energy.
Dairy products	food made from the milk of an animal
Nutrition	the process of taking food into the body and absorbing
Nutrients	substances that help plants
Balanced meal	a meal that has a wide variety of food in the correct proportions
carbohydrates	a meal that has a wide variety of food in the correct proportions
Sugars	a form of carbohydrate that gives quick release
Proteins	found in foods such as eggs, beans, fish and meat
Vegetarian diet	a diet that does not include meat but does include animal products such as cheese and eggs
Pescatarian diet	a diet that includes fish but no other meat products
Vegan	a diet that does not include meat or animal products



The Eat Well guide shows how much of each food group should be eaten for a balanced diet.

Unlike plants, animals cannot create their own food. They get nutrition from what they eat.

This is because animals do not have chlorophyll, or chloroplasts in their cells, like plant do.

Therefore, plants are called producers and animals are called consumers.

The different nutrients that animals get depends on their diet. For example, a cheetah gets lots of protein in its diet because it is a carnivore.



**Types of Nutrition**

<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Fibre</b>	<b>Vitamins and Minerals</b>
Carbohydrates give the consumer energy. Foods with lots carbohydrates in are often called	Protein helps the body, especially muscles, to repair itself.	Fats also give consumers lots of energy. However, too much fat is not healthy.	Fibre helps our digestive systems to work well.	There are many different vitamins and minerals that are important for different jobs in the body.
Carbohydrate rich foods include: pasta, rice, oats, bread,	Protein rich foods include: meat, eggs, nuts	Fat rich foods include: cakes, butter, fast food	Fibre rich foods include: bread, cereal, potatoes, some fruits	Vitamin rich foods include: fruit, vegetables