



Pre-teach assessment!

What are the 5 main food groups?

## Lesson 2 Wednesday 3rd March 2021

WALT: Understand the difference between food groups and types of nutrients.

WILF:

- ★ I can explain the difference between food groups and types of nutrient.
- ★ I can say why our bodies need different types of nutrients

Key vocabulary: food groups, fats, nutrition, nutrients, vitamins, minerals, proteins, carbohydrate, humans, food and water

## There are 7 different types of nutrients



**Proteins help your body  
to grow and repair itself.**

**Foods high in protein  
include:**

**Red Meat  
Fish  
Beans  
Yoghurt**



**Carbohydrates give you energy.**

**Foods high in carbohydrates include:**

**Bread  
Pasta  
Fruit  
Potatoes**



Fats give you energy.

Foods high in fats include:

Nuts  
Oils  
Avocados  
Butter



**Minerals keep your body healthy.**

**Foods high in minerals include:**

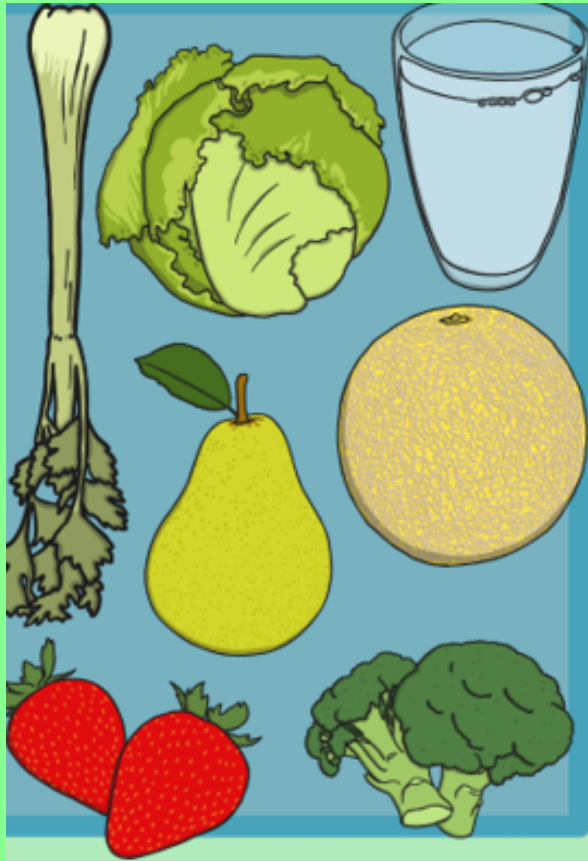
**Milk  
Spinach  
Salt  
Sweetcorn**



**Vitamins keep your body healthy.**

**Foods high in vitamins include:**

**Oranges  
Carrots  
Beef  
Nuts**



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**

## Main activity.

Can you match the food to the reason we need it?

**What do Nutrients do For us?**

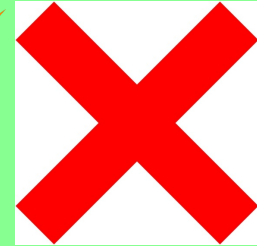
Cut out and match the nutrient type and why you need it. Give another type of food for each category in the blank box.

Nutrient type		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

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Illustration: Peter. 21 Animals including various types of nutrition in lesson 1.

# True or False?



What will you decide?

- There are 8 types of nutrients
- Food groups and types of nutrients are different.

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