

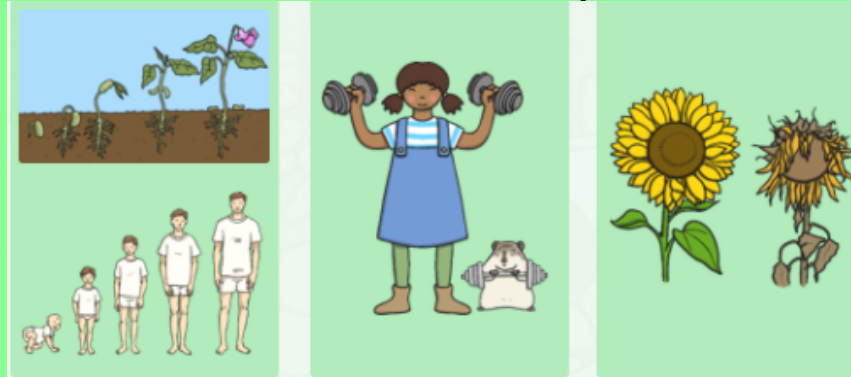


Pre-teach assessment!

Why do living things need food?

Name 3...

To grow To be strong To be healthy



Healthy Eating Lesson 1 Wednesday 24th February 2021

WALT: Identify that humans cannot make their own food

Understand the term 'food groups' and know what they are.

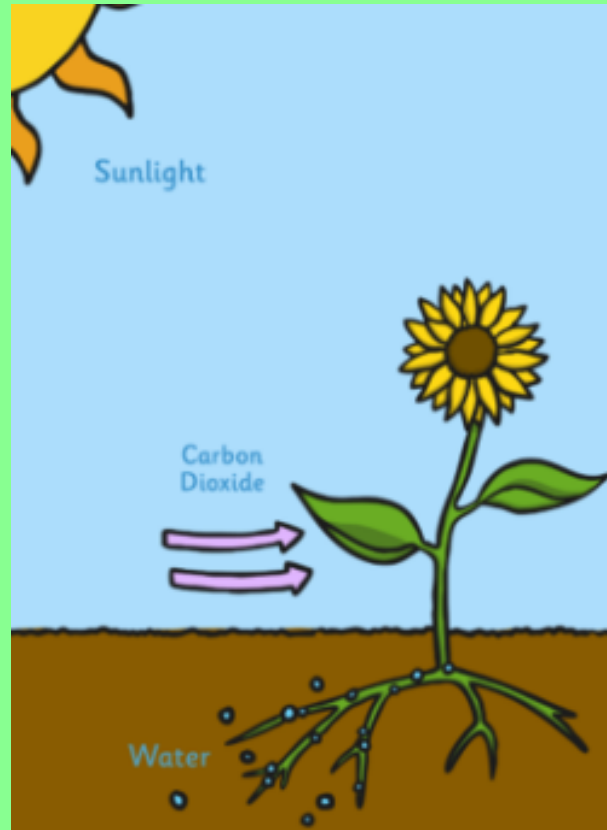
WILF:

★ I can explain how living things obtain food.

★ I can explain what the term 'food groups' means and name the 5 food groups.


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

Plants use the sunlight to make their food and take water from the ground but humans cannot do this.



Humans need to obtain their food from other sources

Let's look at the clip to find out more...

 <https://www.bbc.co.uk/bitesize/topics/zrfjfr82/articles/zppvv4j>

How many different food groups can you identify below?



That's right there are 5

fruit and veg, meat and eggs, bread and pasta, milk and dairy, oils
and spreads

Let's look at them in more detail.



Fruit and Vegetables



Beans, Pulses, Fish, Meat and Other Proteins



Dairy and Alternatives



Oil and Spreads

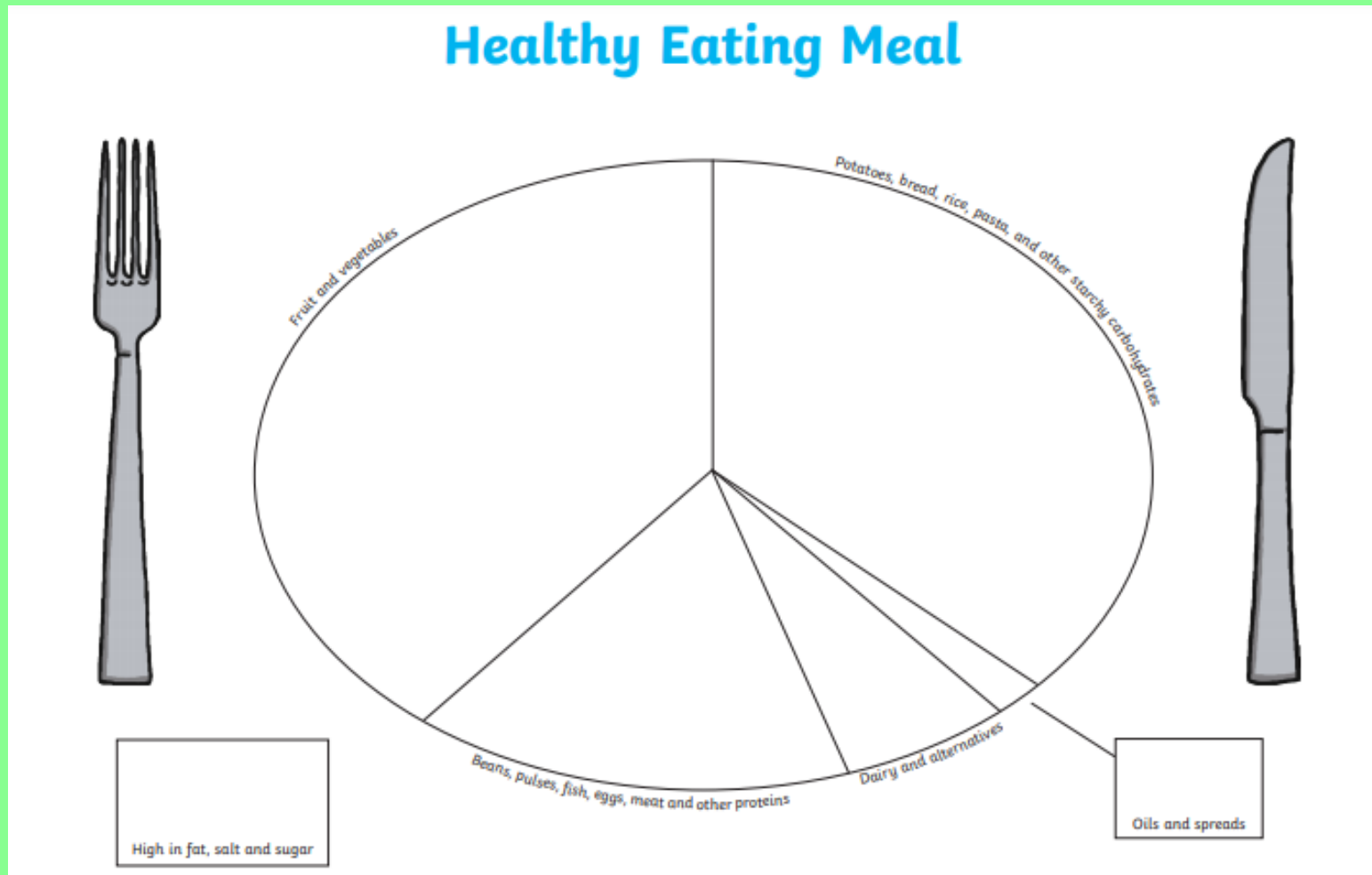


Let's sort the food into different groups using the game below...

<https://www.twinkl.co.uk/resource/t-t-29213-healthy-eating-divided-plate-sorting-powerpoint>

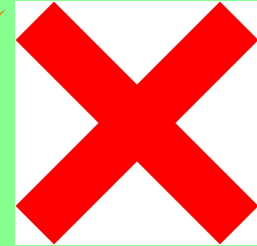
You are now going to draw your own Healthy Eating Plate showing the different food groups.





As an extension activity can you research the benefits of the different food types and describe what might happen if one part is missing from a balanced diet?

True or False?



What will you decide?

- Humans need the same type of diet as plants?
- There are 6 different types of food groups?
- Some types of food groups are more important than others?
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