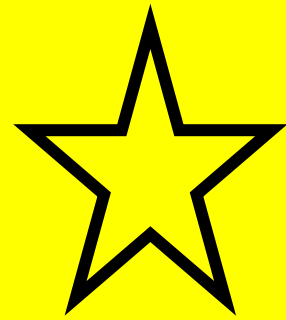




WALT



WALT understand the key parts to a healthy diet

- ✓ I know what the 7 nutrients are.
- ✓ I know the roles of the different nutrients.
- ✓ I can create a balanced diet menu.



STAR WORDS



Nutrients **Healthy**



Water

Diet



Carbohydrates

Protein



Fat



Vitamin

Fibre

Balanced



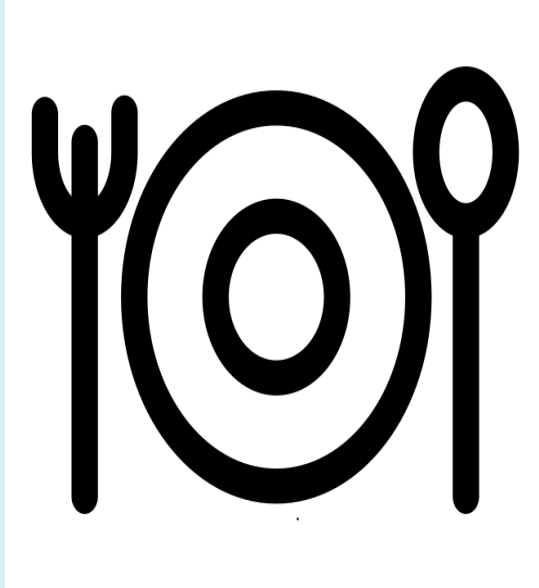
What did you have for breakfast?

Write down everything that you ate
for breakfast this morning.



What do you think would make a healthy breakfast?

- What sort of foods should you eat?
- How much should you eat?



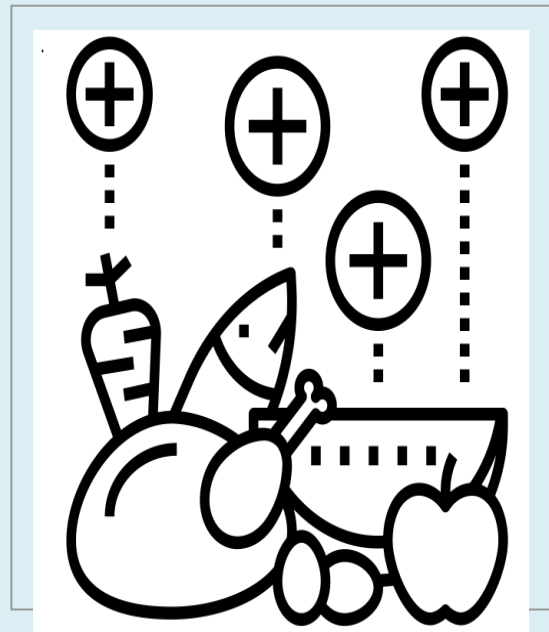
The seven nutrients

7

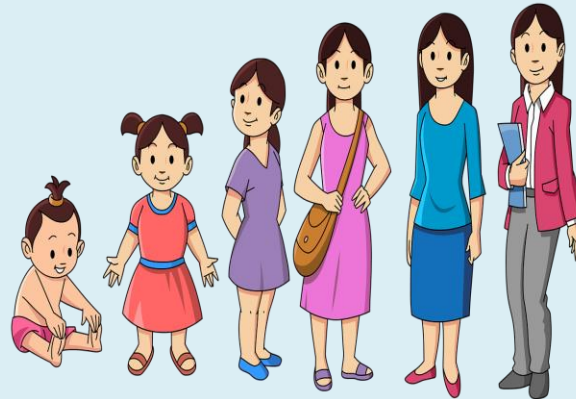


What do we need in a balanced diet?

Nutrient

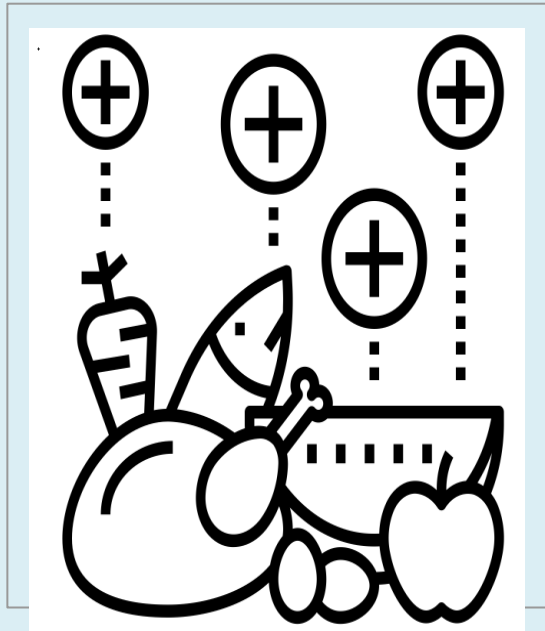


A nutrient is something that the body needs to **grow, provide energy** and **maintain life**.



What do we need in a balanced diet?

Nutrients



There are 7 essential nutrients needed by the body. These are:

- Water
- Minerals
- Vitamins
- Carbohydrates
- Fibre
- Proteins
- Fat

Complete this task:

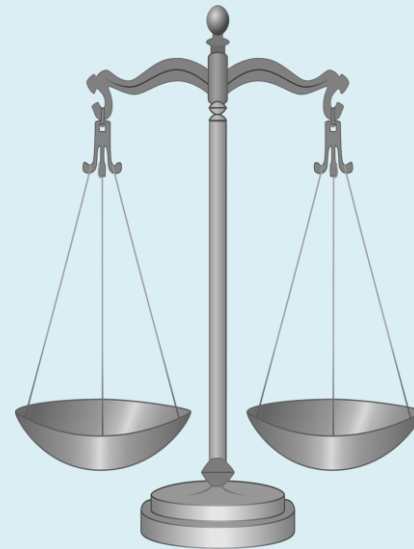
Write down the seven major nutrients.

7

What do we need in a balanced diet?

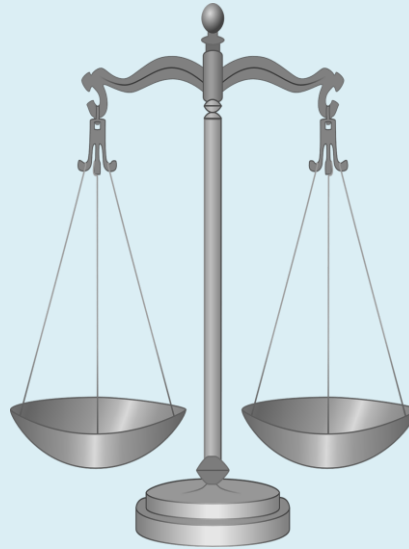
Balanced diet

A balanced diet means eating the right types of food in the right amounts so that the **body gets the nutrients it needs.**



Complete this task:

Write down the definition of a balanced diet.



Answer these questions (in full sentences):

1. What is a diet?

2. What is a balanced diet?

3. What 7 nutrients do humans need to eat?

Answers:

1. Diet is the food and drink that a person consumes.
2. A balanced diet is eating the right types of food in the right amounts so that the body gets the nutrients it needs.
3. The seven essential nutrients are: carbohydrates, protein, fat, minerals, vitamins, fibre and water.

Role of nutrients in the body



Copy this table into your book in preparation for the rest of the lesson:

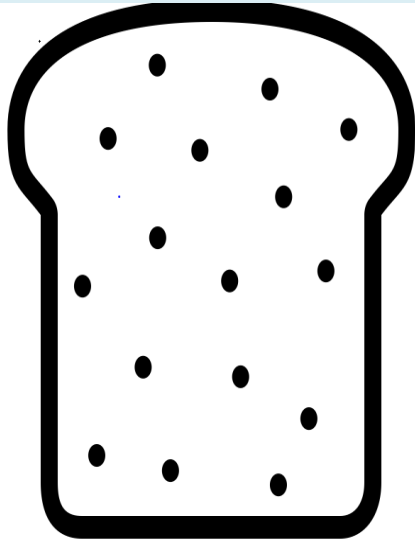
Nutrient	Found in	Role
Carbohydrate		
Fibre		
Protein		
Fat		
Minerals		
Vitamins		
Water		

Carbohydrates

Carbohydrates are made of starch and sugar.

They are broken down into **sugar molecules** which are absorbed into the bloodstream.

The body uses sugars to **release energy**.





Fibre

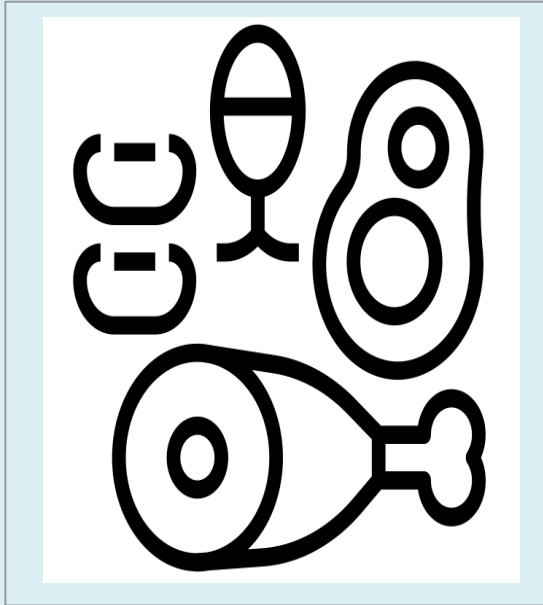


Fibre is found in **cereals and fruit skin.**

Fibre **keeps food moving through the gut.**



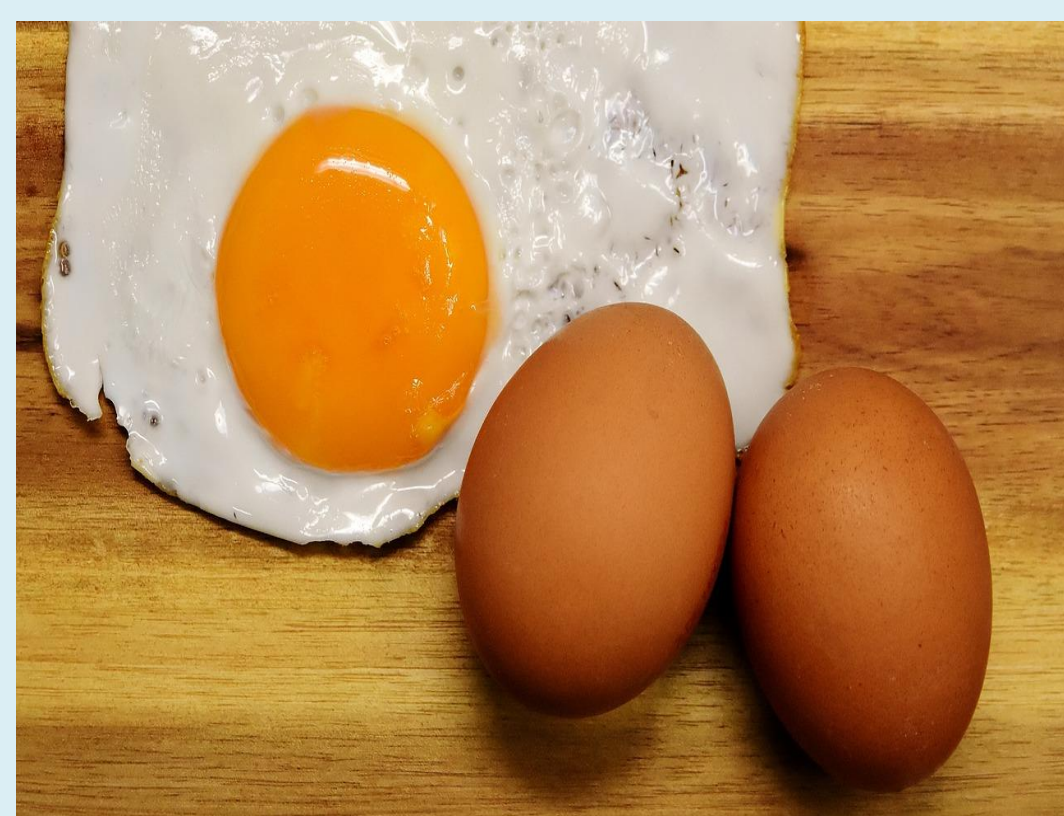
Proteins



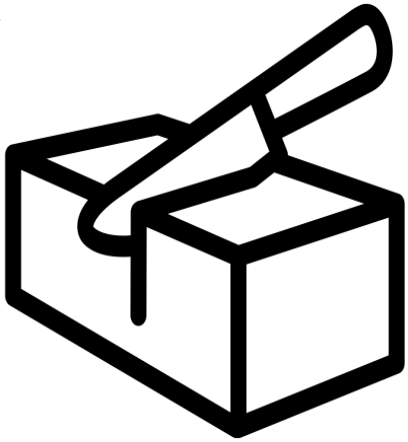
Protein is found in **meat, fish, cheese, milk and eggs, pulses and nuts.**

Proteins are responsible for **growth and repair.**

Credit: protein by Turkkub from the Noun Project

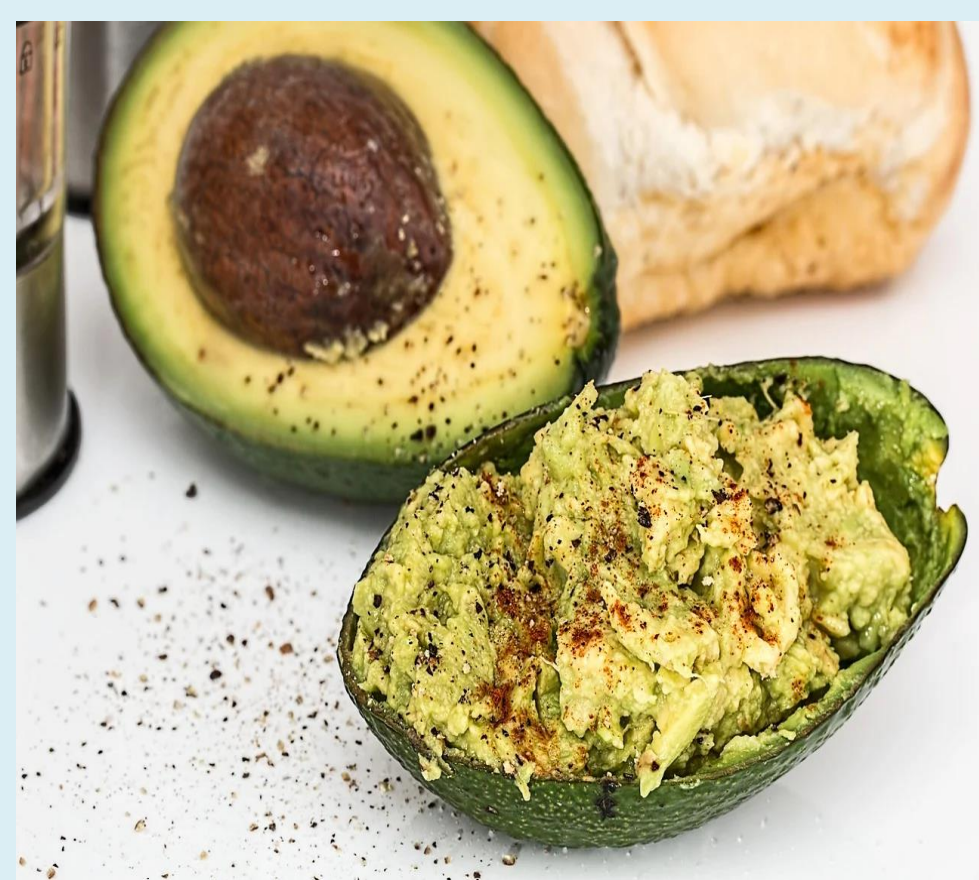


Fat

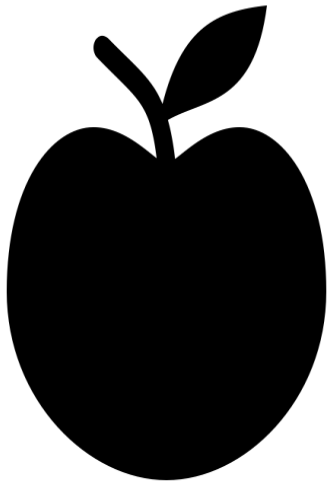


Fat is found in **dairy products** such as **cheese and milk**.

Fats are responsible for **storing energy**, **protecting vital organs** and **keeping us warm**.



Minerals and vitamins

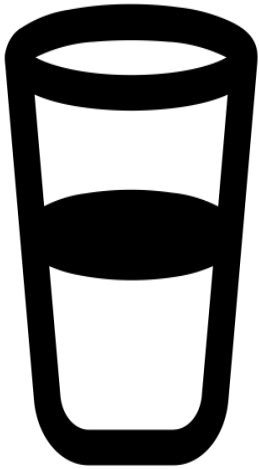


Vitamins and minerals are needed in small amounts.

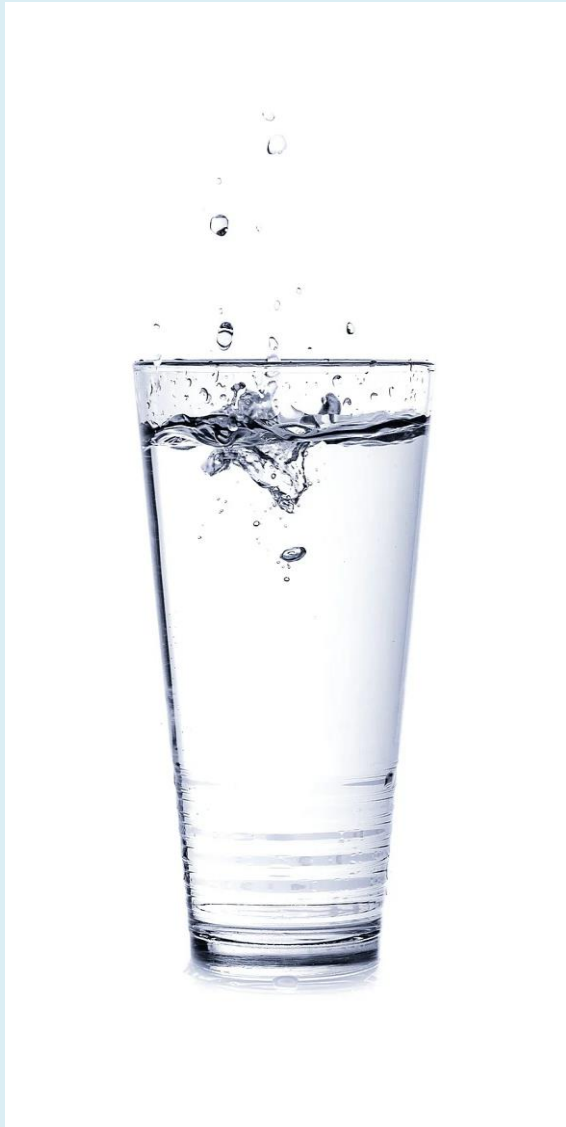
Calcium is needed for **healthy teeth and bones** and is found in **milk**.



Water



Water is needed to **support lots of body processes and systems** including blood.



Answer these questions:

1. What is the role of protein in the body?
2. Why is some fat in the diet important?
3. Name a mineral and its role in your diet.

Answers:

1. Proteins are responsible for growth and repair.
2. Fat is important in our diet as it provides a store of energy, protects organs and keeps us warm.
3. An example of a mineral is calcium. Calcium is needed for the growth of healthy teeth and bones.

Healthy Diet

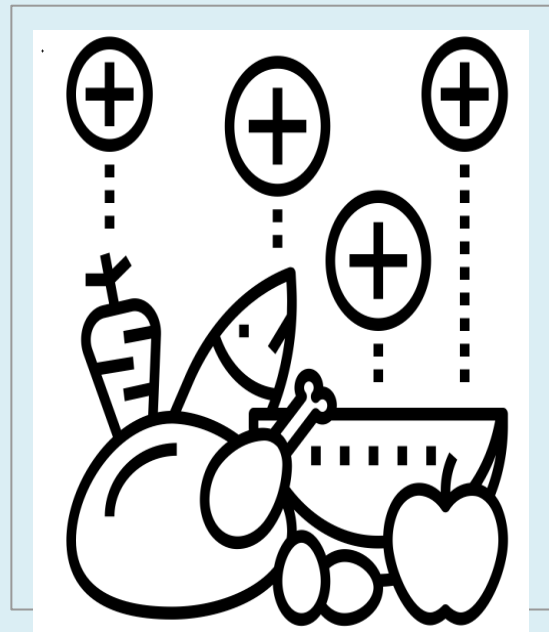


***What does a healthy plate of food
include?***



What do we need in a balanced diet?

Balanced diet



A balanced diet means eating the right types of food in the right amounts so that the **body gets the nutrients it needs.**

What is a balanced diet?



Balanced diet or not?



Balanced diet or not?



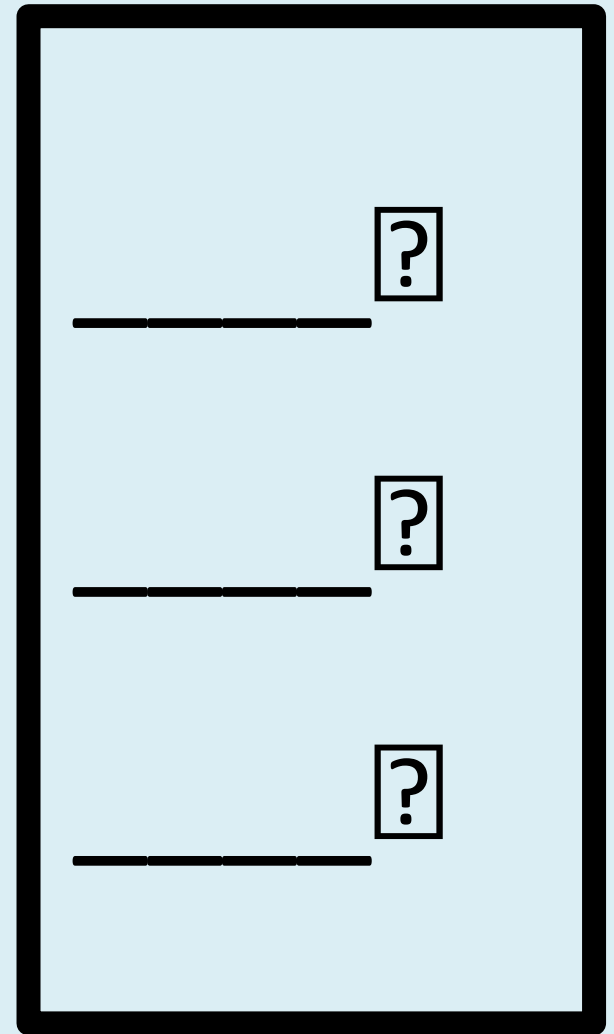
Activity:

Design a menu for yourself which you think would incorporate a nice mix of foods and would therefore fit the definition of a balanced diet.



QUIZ TIME!

https://classroom.thenational.academy/lessons/what-are-the-key-parts-of-a-healthy-diet-60wkgr?activity=exit_quiz&step=3&view=1



_____ ?

_____ ?

_____ ?