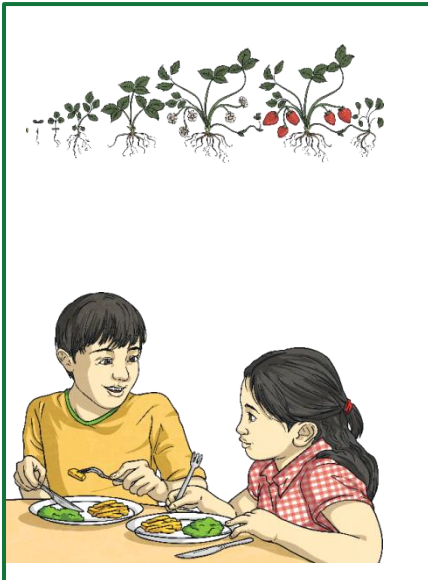


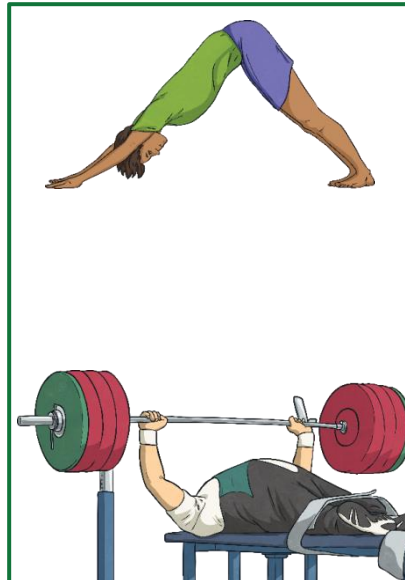
Living things and food

Why do living things need food?

To grow



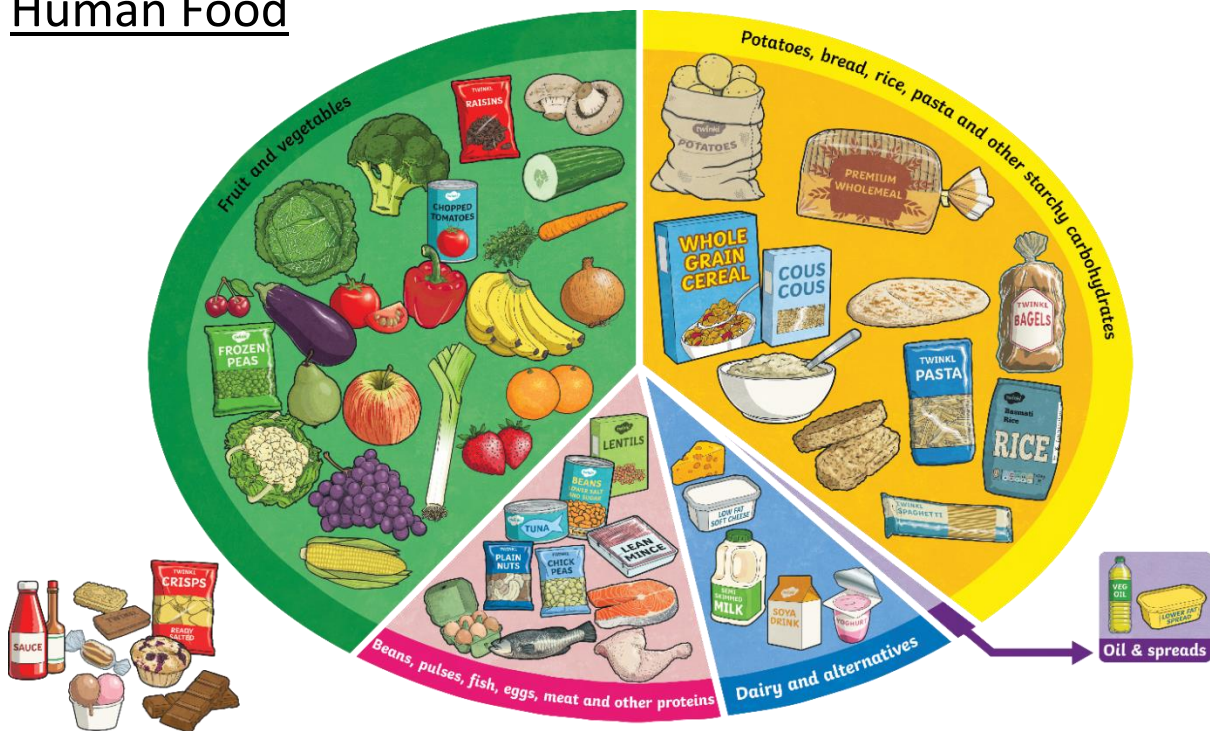
To be strong



To be healthy



Human Food



Food is commonly divided into 5 different food groups.

Fruit and vegetables

Aim to eat 5 a day! Dried, frozen and tinned fruits and vegetables count as well as fruit juices. Important as sources of vitamins and minerals which reduce your risk of disease and keep you healthy. Limit fruit juice and/or smoothies to 150ml a day.

Potatoes, bread, rice, pasta and other starchy carbohydrates

These are important for giving us energy.

Dairy and alternatives

These are important for strong teeth and bones.








Beans, pulses, fish, eggs, meat and other proteins

These are very important for helping us grow and build muscles. Try to eat 2 portions of fish a week and try to reduce intake of red and processed meat.

Oil and spreads

Choose unsaturated oils and use in small amounts.

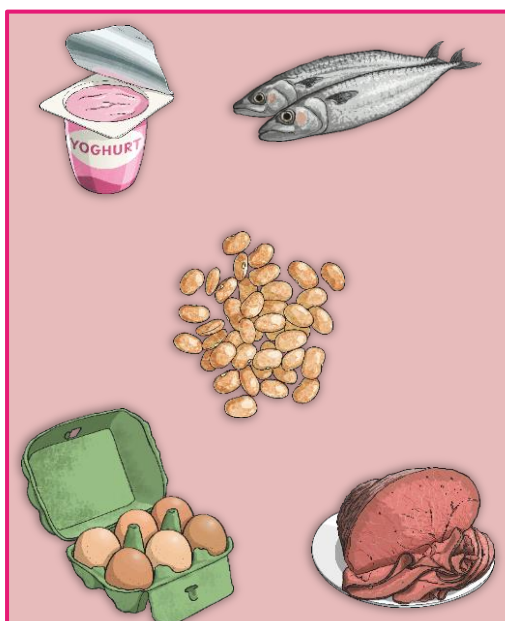
Nutrients

Nutrient	Found in... (examples)
carbohydrates	
protein	
fibre	
fats	
vitamins	
minerals	
water	

Nutrients are substances that animals need to stay alive and stay healthy. These nutrients are found in the foods we eat.

There are 7 different nutrients.

- Carbohydrates
- Protein
- Fibre
- Fats
- Vitamins
- Minerals
- Water



Proteins help your body to grow and repair itself.

Foods high in protein include:
 Red Meat
 Fish
 Beans
 Yoghurt



Carbohydrates

Carbohydrates give you energy.

Foods high in carbohydrates

include:

- Bread
- Pasta
- Fruit
- Potatoes



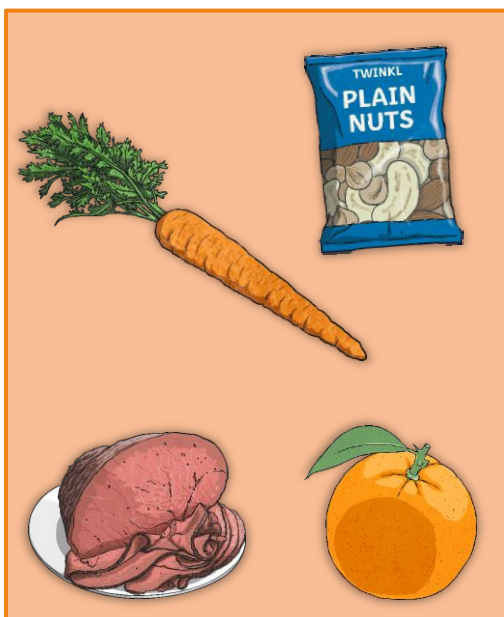
Fats

Fats give you energy.

Foods high in fats

include:

- Nuts
- Oils
- Avocados
- Butter

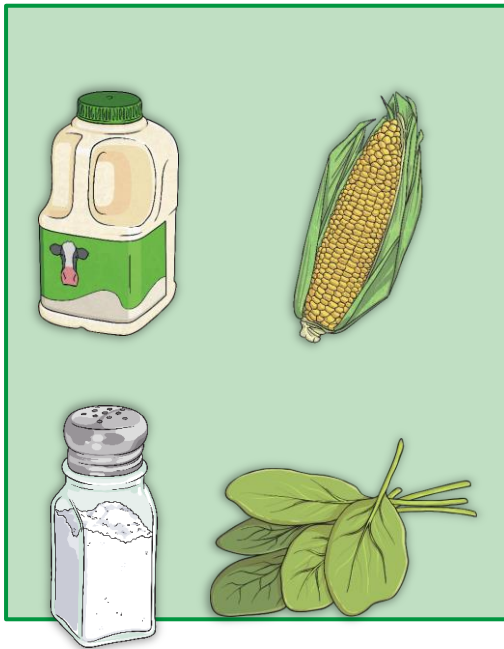


Vitamins

Vitamins keep your body healthy.

Foods high in vitamins include:

- Oranges
- Carrots
- Beef
- Nuts

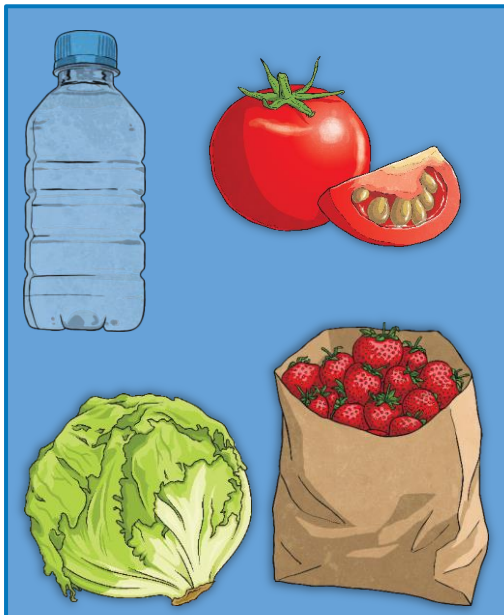


Minerals

Minerals keep your body healthy.

Foods high in minerals include:

- Milk
- Spinach
- Salt
- Sweetcorn

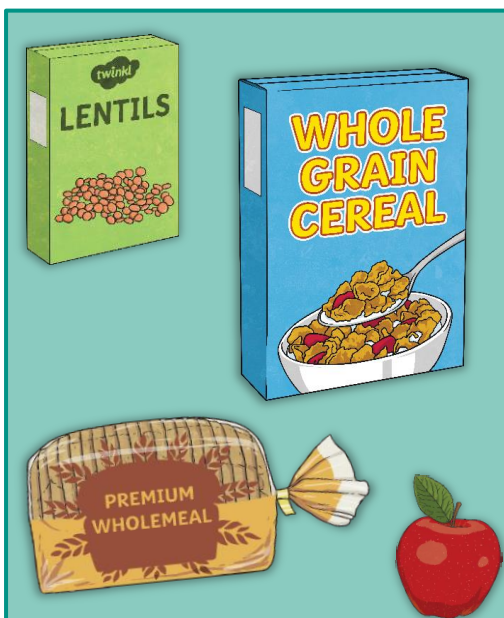


Water

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

Fibre helps you to digest the food that you have eaten.

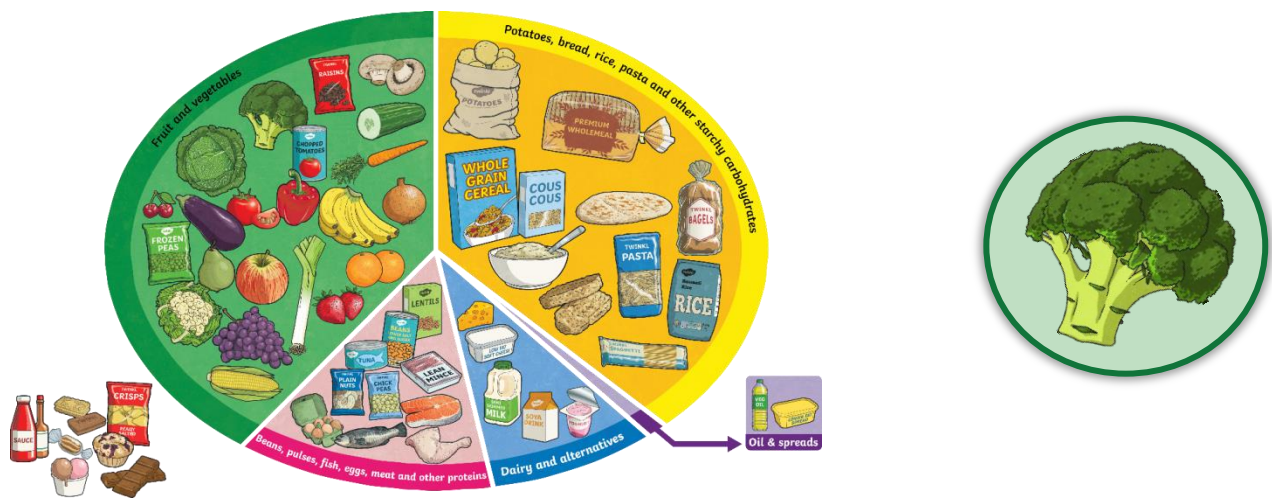
Foods high in fibre include:

- Cereal
- Apples
- Wholegrain bread
- Lentils

Food Groups and Nutrients

Within each food group, there are many foods which contain more than one type of nutrient.

For example, eating broccoli from the fruit and vegetables section would provide with various different nutrients. This food is a great source of minerals (especially a mineral called potassium), a really good source of vitamins and it provides the body with fibre.



Task 1:

What do nutrients do for us?

You need to match the nutrients to the sentences that explain what they do for humans.

If you want to challenge yourself, you could try the 2 star or 3 star activities.

Task 2:

Food packet nutrients.

Fill out the food packet nutrients sheet by reading the nutrition labels on your food. Look at what nutrients different types of food have in them.

Try to get a food from each of the food groups.