



Lesson Sequence



1. Describe the needs of animals for survival



2. Describe the needs of humans for survival



3. Explore the importance of eating the right food



4. Describe what a healthy, balanced diet looks like



5. Investigate the impact of exercise on our bodies



6. Investigate hygiene

Pre-cooked Food



Processed Food



Fresh Food



Frozen Food



Tinned Food



Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

Daily Needs of a Human

a place to live

food

water

air

sleep

hygiene



exercise

Food Pyramid



Fats and Oils

Meat and Fish

Milk, Cheese and Dairy

Fruit and Vegetables

Bread and Cereal