

Key Words to learn and use:

balanced—containing different food groups in a suitable quantity

carbohydrate—source of food providing energy to the body

carnivore—an animal that eats meat

energy— the ability or power to work or make an effort

fats— a source of food that contain fatty acids

herbivore—an animal that only eats plants

invertebrate—an animal that does not have a backbone

minerals—a food eaten by animals and plants to remain healthy

muscles —a body tissue that helps the body move, remain in position and pump fluids within the body

nutrients— a food that provides nourishment to the body to keep it healthy and grow

nutrition— the process of absorbing and using nutrients from food

omnivore—an animal that eats meat and plants

protein—a food source rich in protein molecules that are vital to healthy bodies

skeleton —a bone framework of animals

vertebrate— an animal with a back bone

vitamins— a food source to help body keep healthy

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Public Health England in association with the Welsh Government, the Scottish Government and the Food Standards Agency in Northern Ireland

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FOOD GROUPS

Do you have a balanced diet?

Protein	Carbohydrates	Vitamins and Minerals	Fibre	Fats
We need foods containing proteins to help our bodies to grow and repair themselves.	Foods containing carbohydrates give our body energy.	Vitamins and minerals keep our body and cells healthy.	Fibre helps us to digest our food and keeps our intestines healthy.	Fats provide energy and help in building up our body.
meat milk fish eggs nuts 	bread chips pasta rice 	fruit fruit vegetables 	fruit vegetables cereals brown bread 	cakes butter biscuits cheese

Teaching www.teachingclass.co.uk



Class 3 -

KWL

My Brilliant Body

Which of these food is NOT a carbohydrate?	Start	End
Potatoes		
Bread		
Fish		
Pasta		

Which of these animals is an invertebrate?	Start	End
Horse		
Pig		
Jellyfish		
Shark		

What does muscles do in the body?	Start	End
Help it move		
Protect it		
Help you breath		
All of the above		

How many bones does an adult human have?	Start	End
Less than 200		
206-213		
214-221		
More than 250		

What is an omnivore?	Start	End
An animal that eats only meat		
An animals that only eats plants		
An animal the eats meat and plants		

Can animals make their own food?	Start	End
Yes		
No		

Which of these foods is protein?	Start	End
Carrots		
Chicken		
Crisps		
Cauliflower		

How many bones does a baby have?	Start	End
The same as a human		
Over 300		
Over 400		
Over 500		



Can you name the 5 food groups?

Start: _____

End: _____

Questions I have at the start:

Answered?
YES NO