



Supermarket Sweep

What shall we have to eat?

1. Why do we eat different foods?

We eat different foods because different foods provide different nutrients which help to keep us healthy.



Balanced diet—that has different types

3. What if I am a vegan/vegetarian?

A person who is vegan does not eat or use any foods or products that come from an animal.
eg. milk, cheese, meat, leather shoes



A person who is a vegetarian does not eat meat or fish for moral, religious or health reasons.



2. What are carbohydrates, fats, protein and fibres? How does it keep me healthy?

Carbohydrates

Carbohydrates are your bodies main source of energy



Fats

We need a small amount of fat to soak up the vitamins and minerals.



Proteins

Proteins are important to help us grow. They help develop our muscles.



Fibre

Fibre is important because it helps us to digest food and keep our gut healthy.




Key Vocabulary

| | |
|------------------------------|---|
| nutrient | substance needed for health and growth. |
| nutrition | The process of eating the food necessary for health and growth. |
| Balanced diet | Variety of different types of food providing the nutrients needed |
| food types | any thing eaten by living things. |
| vitamins and minerals | vital for life to keep us healthy. |


Applying Past Knowledge

This links with your year 2 learning about the importance for humans to exercise, eating and hygiene.

Elsie Widdowson - Dietitian



4. Which nutrients do animals need to survive?

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|  | <ul style="list-style-type: none"> fruit (grapes, apples, pears, plums) Raw peanuts, brazil nuts and peanut butter (no salt or chocolate) Dried dog food (muesli type) Mealworms |
| <ul style="list-style-type: none"> beetles earwigs caterpillars earthworms millipedes fly larvae. |  |