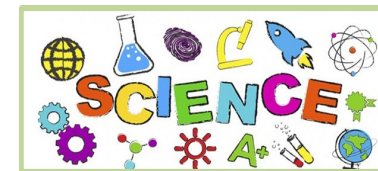




Supermarket Sweep

What should we eat?



1. Why do we eat different foods?

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

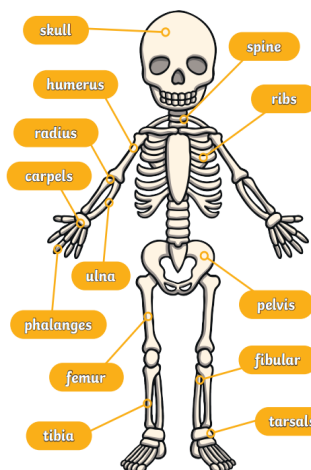


Balanced diet—that has different types of food.

3. What would happen if we didn't have a skeleton?

The skeleton provide

- Movement
- Protection
- Support



Key Vocabulary

nutrient

substance needed for health and growth.

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



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.



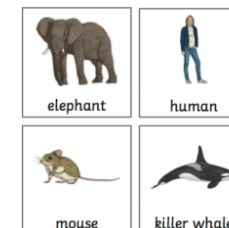
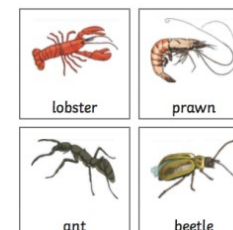
Fibre

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



4. Do all animals have a skeleton?

Endoskeletons - Skeleton on the inside of their bodies.



Exoskeletons - Skeleton on the outside of their body.