




SCIENCE

Food and Nutrition
Summer 2 - PowerPoint 1



Nutrition – What do our bodies need and why?

Have a look at the following videos and slides to learn about the foods we need as humans.

<https://www.youtube.com/watch?v=mMHVEFWNLMc> Introduction

<https://www.youtube.com/watch?v=Vhtyup4OoQk> Carbohydrates

<https://www.youtube.com/watch?v=kteZneJm1EI> Fruits and vegetables

<https://www.youtube.com/watch?v=KSKPgaSGSYA> Protein

<https://www.youtube.com/watch?v=fNH9IVLWtZs> Dairy

<https://www.youtube.com/watch?v=vADtodHhfKU> Fats and sugars

There are 5 main types of food in our diet



Carbohydrates

Fruit and
Vegetables



Dairy
foods



Proteins



Sugars and
Fats

Let's find out a bit more about each type of food and what it does in our



Carbohydrates



This food group includes bread, potatoes, rice, and pasta. They are the starchy foods that help us feel full after a meal.

Carbohydrates give us energy. They release their energy slowly so they keep us going a long time before we feel hungry again.

Fruit and Vegetables



Fruit and vegetables are packed with vitamins to keep our bodies working well and to help fight off colds and other illnesses. They are also full of fibre.

Fibre is the plant material that passes right through your body and out the other end! It gives bulk to your poo, keeping it soft and easy to pass. It keeps your bowel healthy.

Dairy Foods

Dairy foods are made from milk and include cheese, yogurt and cream. These foods are rich in a mineral called calcium which will give you strong bones and teeth.



Some people are not able to digest dairy foods or they can be allergic to them so there are many alternative products like this soya milk.

Some dairy foods like cream and cheese can contain a lot of fat.



Fats and Sugars

A small amount of fat is an essential part of a healthy, balanced diet. Fat is a source of essential fatty acids, which the body cannot make itself. Fat helps the body absorb vitamin A, vitamin D and vitamin E. These vitamins are fat-soluble which means they can only be absorbed with the help of the fats.

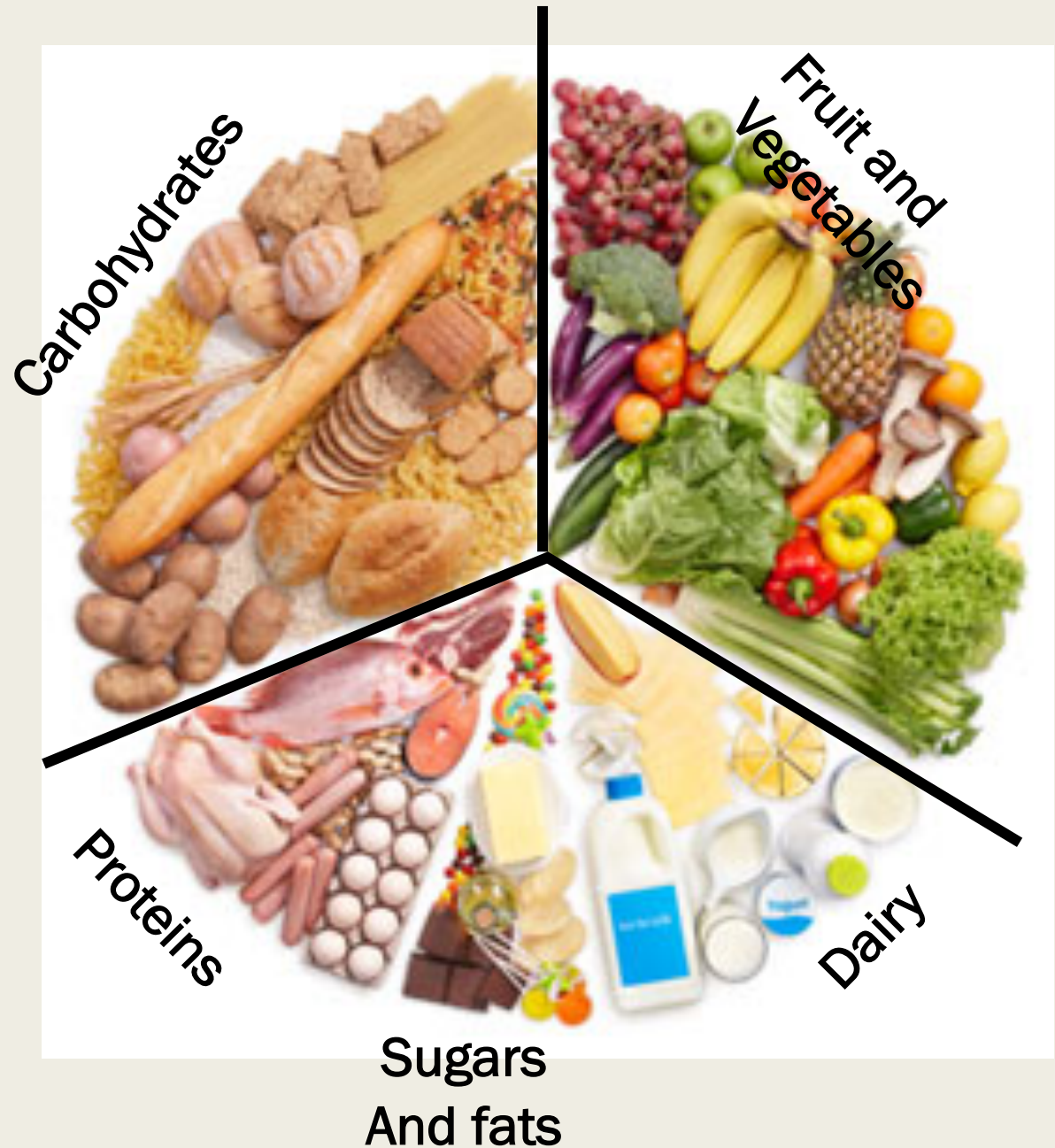
- Too much fat and sugar can cause problems, we can still enjoy it in small amounts though.
- It can cause tooth decay
- It gives us a quick short burst of energy that soon leaves us feeling tired and flat again
- Extra sugar that we don't burn off with exercise can be stored as fat
- Over time it can cause a disease called diabetes

What is a balanced diet?

Imagine everything you eat divided into 3 equal groups

- One third should be carbohydrates
- One third should be fruit and vegetables
- One third should be proteins, dairy, fats and sugars combined

Sugars and fats should be a very small proportion of a balanced diet



ACTIVITY 1

Create a poster to show the 5 food groups and what our bodies need them for. You can be as creative as you like with this and use felt tips, pencils or food packets to create your information poster. I can't wait to see them.