

Recap

What do all animals need to grow
and survive?

LO: To describe the importance for humans of eating the right amounts of different types of food

Success Criteria:

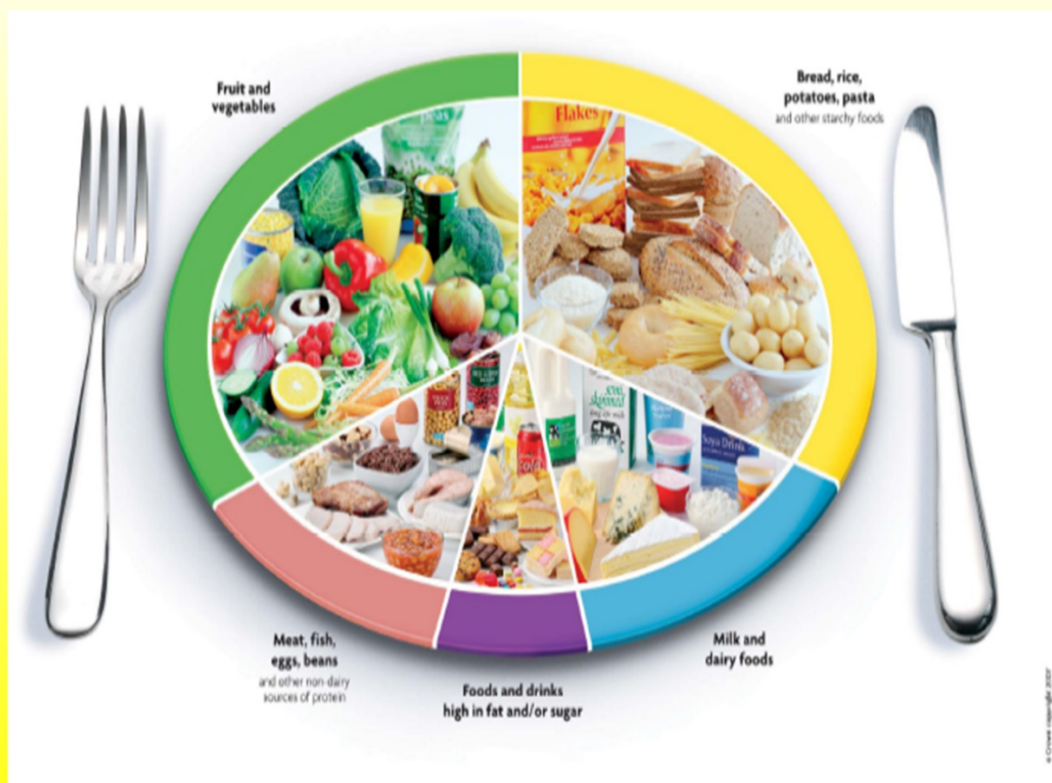
- I can name different types of food.
- I can sort food into different groups.
- I can understand what is meant by a 'balanced diet'.
- I can say which foods can be eaten freely, which should be eaten in moderation and which should be a treat.



Have a look at the images on your tables.

Can you sort them into two groups using criteria of your choosing?

The eatwell plate



The eatwell plate shows the recommended balance of foods in the diet.

**Fruit and
vegetables**



**Meat, fish,
eggs, beans
and other non-
dairy sources of
protein**



**Foods and drinks high in fat
and/or sugar**



**Bread, rice,
potatoes, pasta
and other starchy
foods**



**Milk and dairy
foods**



What foods are in
this group?

Name 6 examples.

We should all aim to
eat at least 5
portions everyday.

Do you?





Name 6 examples.

We need to eat lots from this group.

Try to eat food from this group at every meal time.

What could you have?

This group is a good source of calcium.

Eating some foods from this group everyday can help give us all the calcium we need.

Try to choose low fat foods from this group.





Name 5 examples.

We need to eat foods from this group to stay healthy.

We should try to eat 2 portions of fish every week, 1 of which should be oily, e.g. salmon, mackerel.

Name 4 examples.

We only need to eat
small amounts from this
group.

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We also need water
to remain healthy –
some is obtained
from drinks
(including plain
water) and some
from other foods.



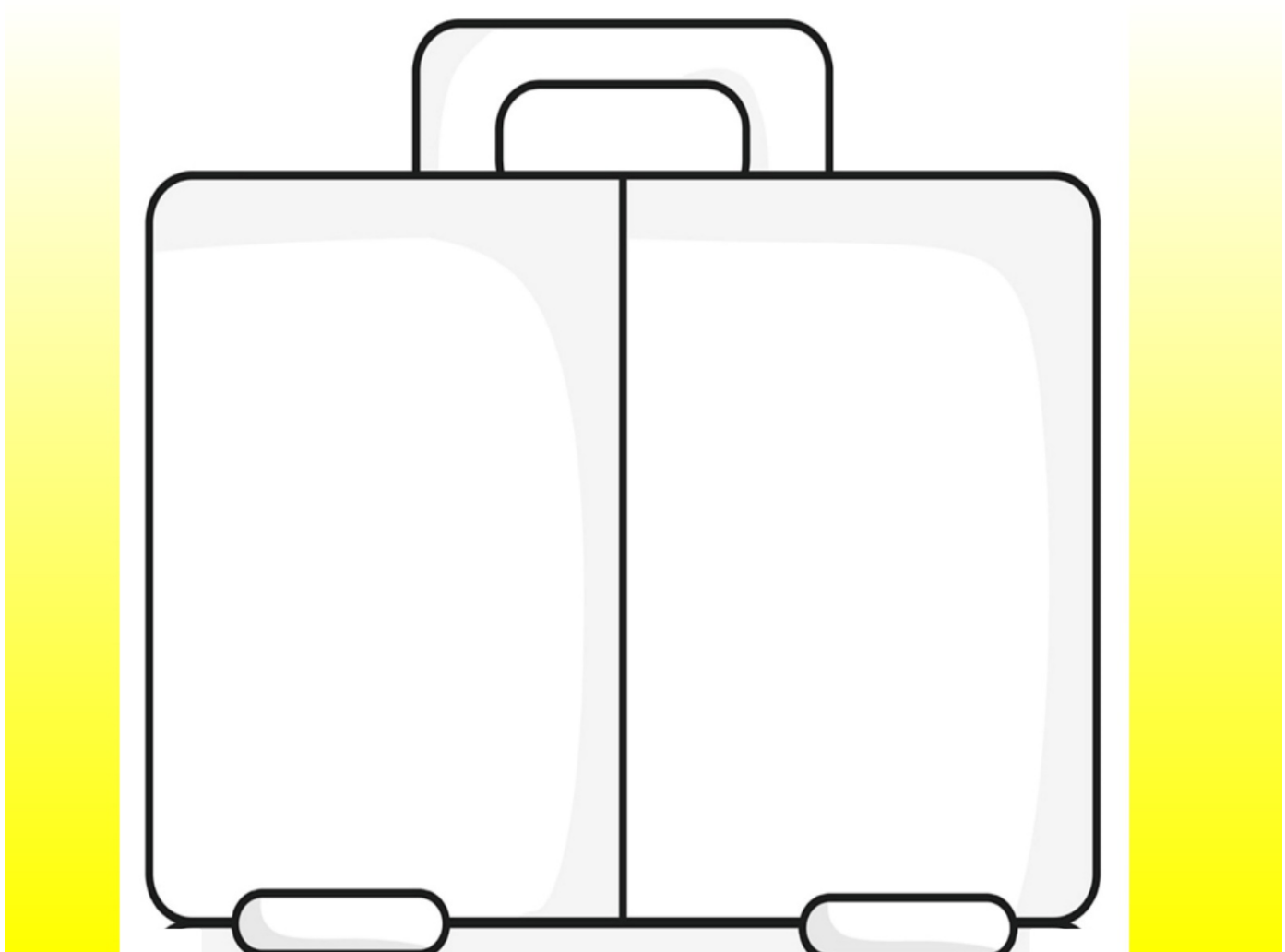
Your Task:

Today you will be putting together your own lunch box baring in mind what you have found out about maintaining a healthy and balanced diet and the different food groups.

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Plenary

The word **diet** is often used by people who are trying to lose weight – this is a different meaning of the same word.

People's everyday diet is different in that they might eat or not eat particular foods because of their beliefs – religious or vegetarian, etc.

Some people have to be careful about foods they are allergic to.

Does anyone in the class have any allergies?