

25.2.21

T: Can I explain why we need the right type of nutrients?

Success Criteria

- I can explain how plants obtain food.
- I can explain how animals, including humans, obtain food.
- I can demonstrate I understand the difference between how plants and animals obtain food.
- I can explain the difference between food groups and types of nutrients.
- I can explain what types of nutrients humans need.

Living Things and Food

Why do living things need food?

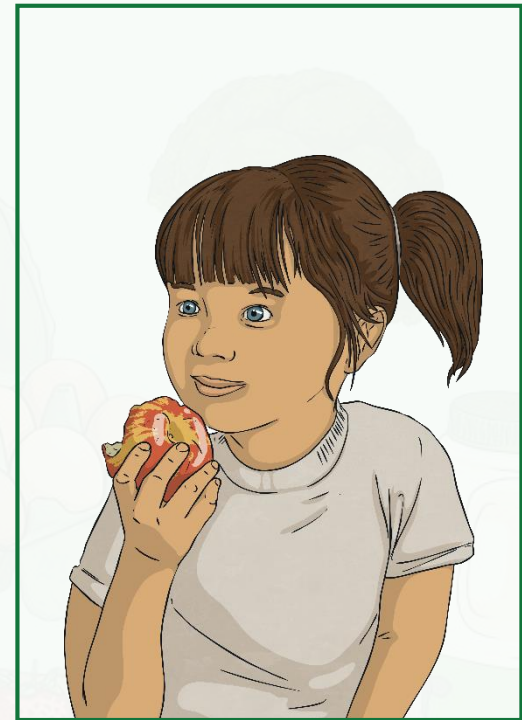
To grow



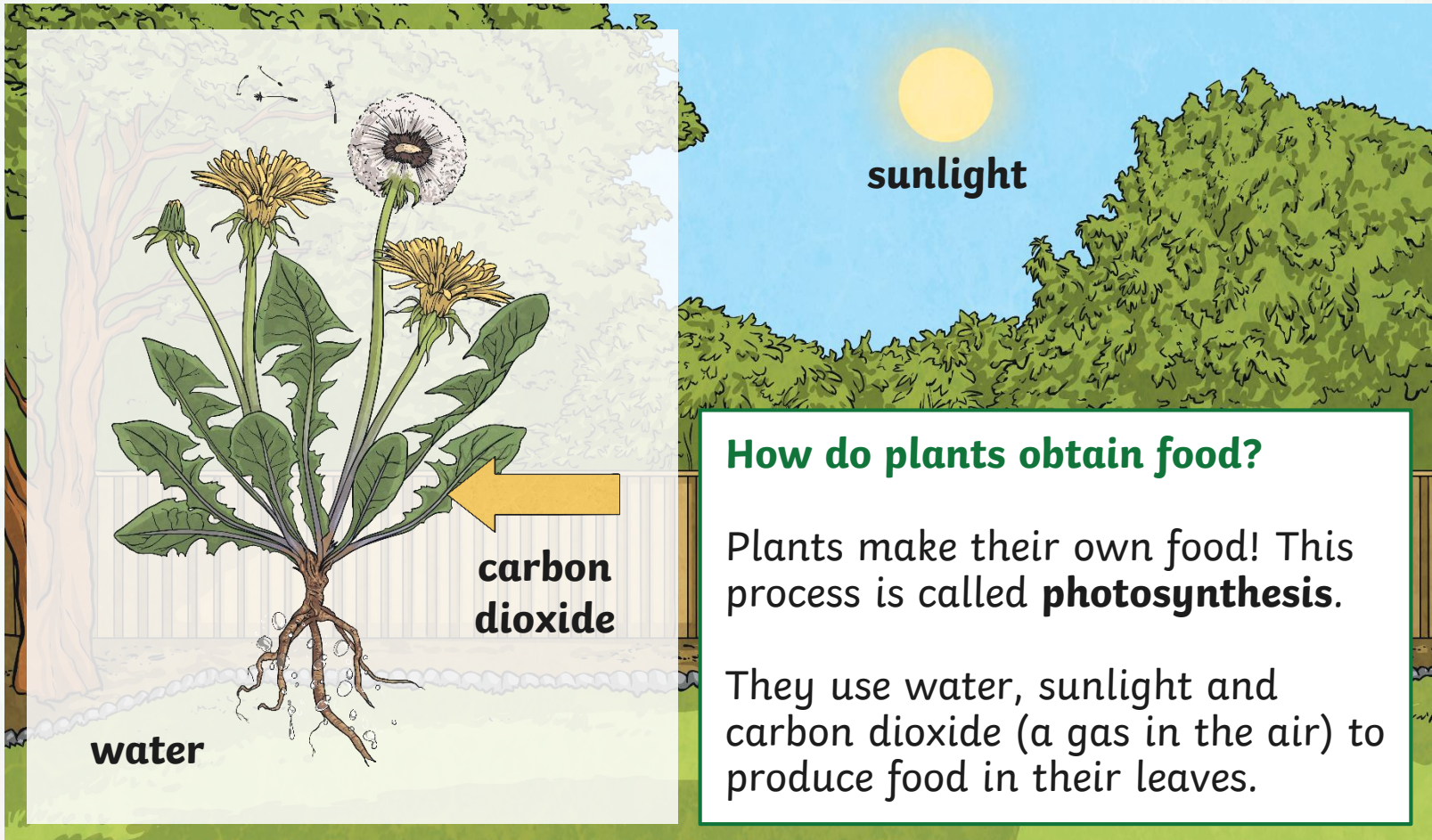
To be strong



To be healthy



Photosynthesis

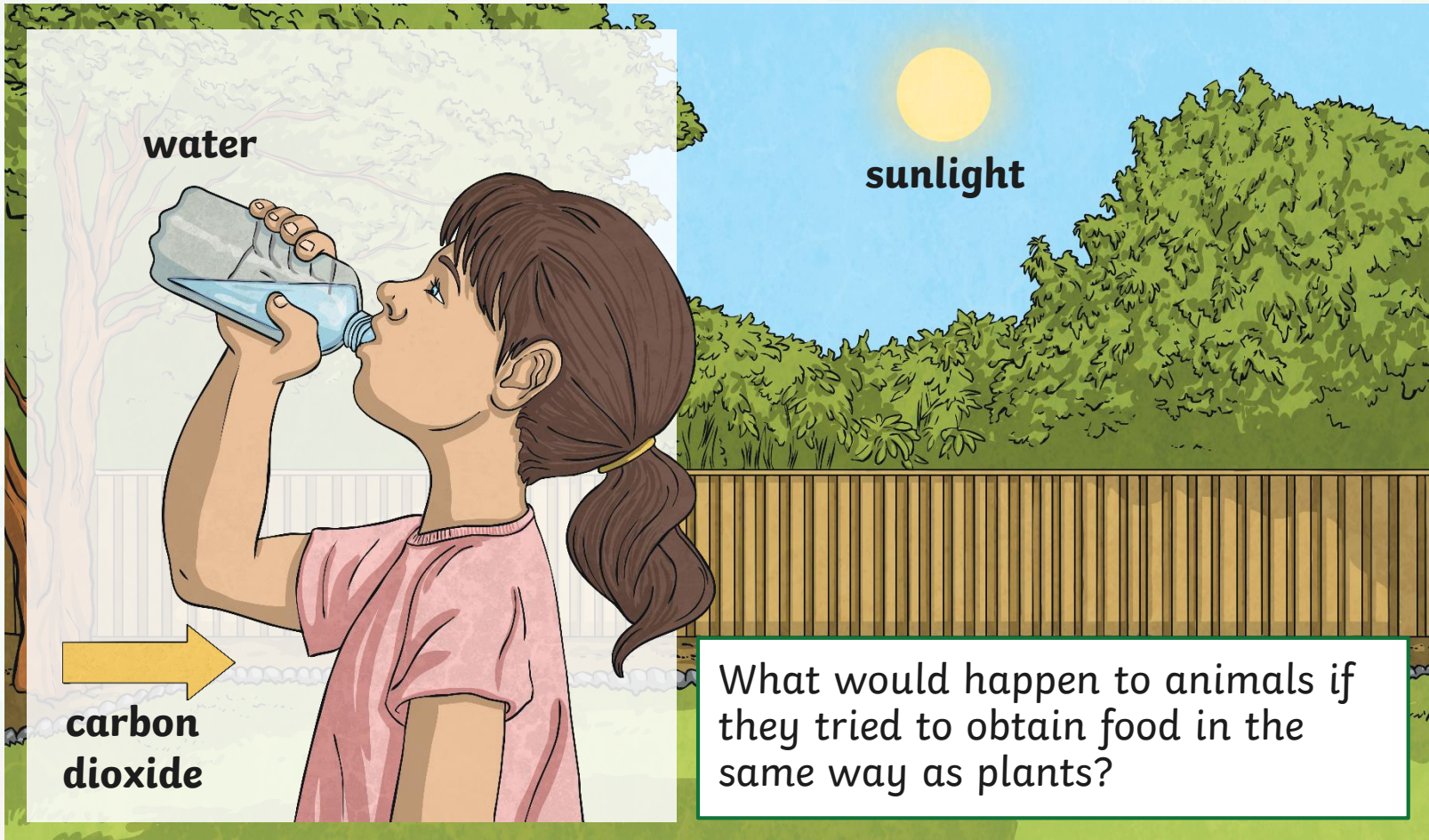


How do plants obtain food?

Plants make their own food! This process is called **photosynthesis**.

They use water, sunlight and carbon dioxide (a gas in the air) to produce food in their leaves.

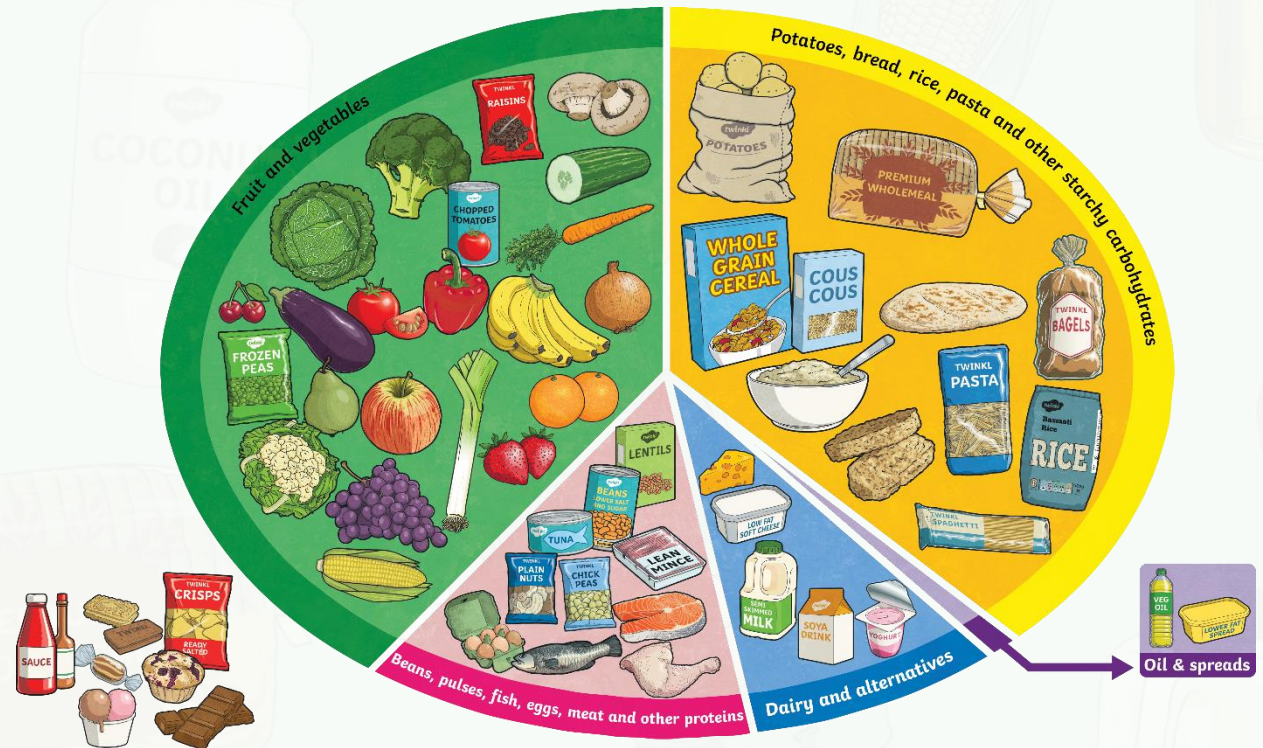
Animals and Photosynthesis



What would happen to animals if they tried to obtain food in the same way as plants?

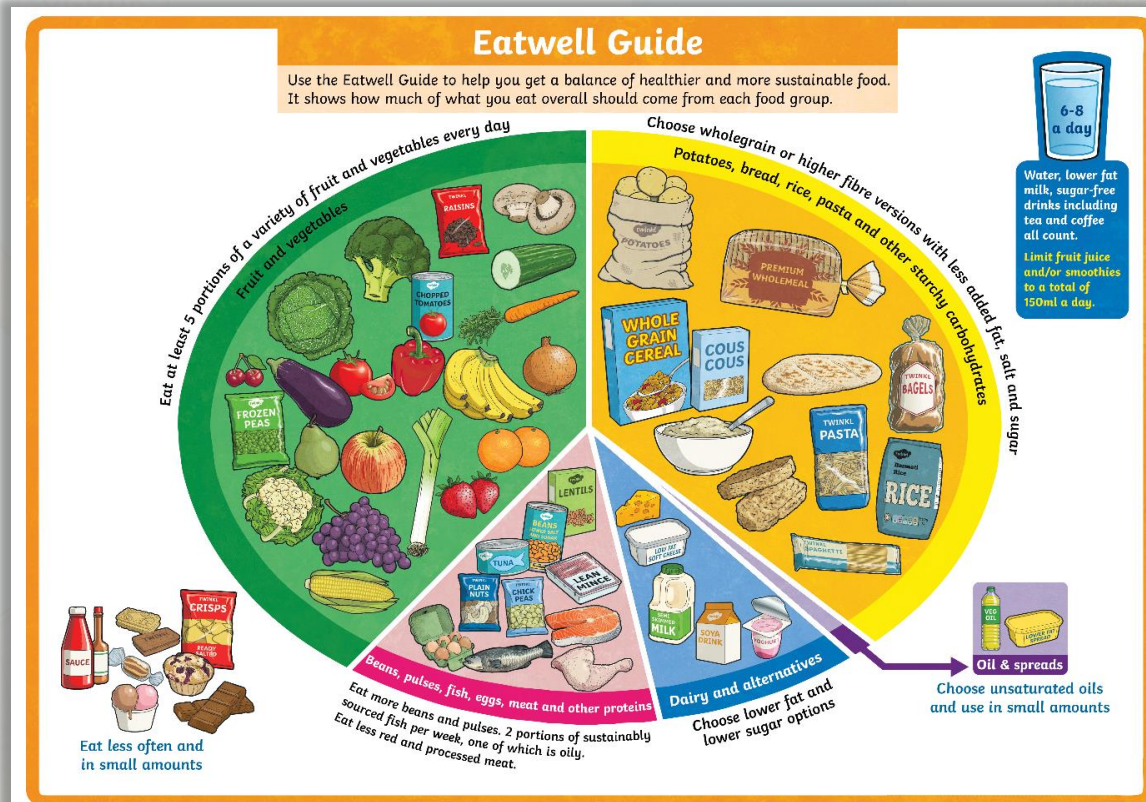
Human Food

What kind of foods do humans need?



Why do you think foods that are high in sugar and/or fat are not a food group?

Food Groups










The Eatwell Guide helps us to make decisions about how to make sure we eat the right balance of nutrients in our diets.

Notice that drinking plenty of water is also very important to keep us healthy.

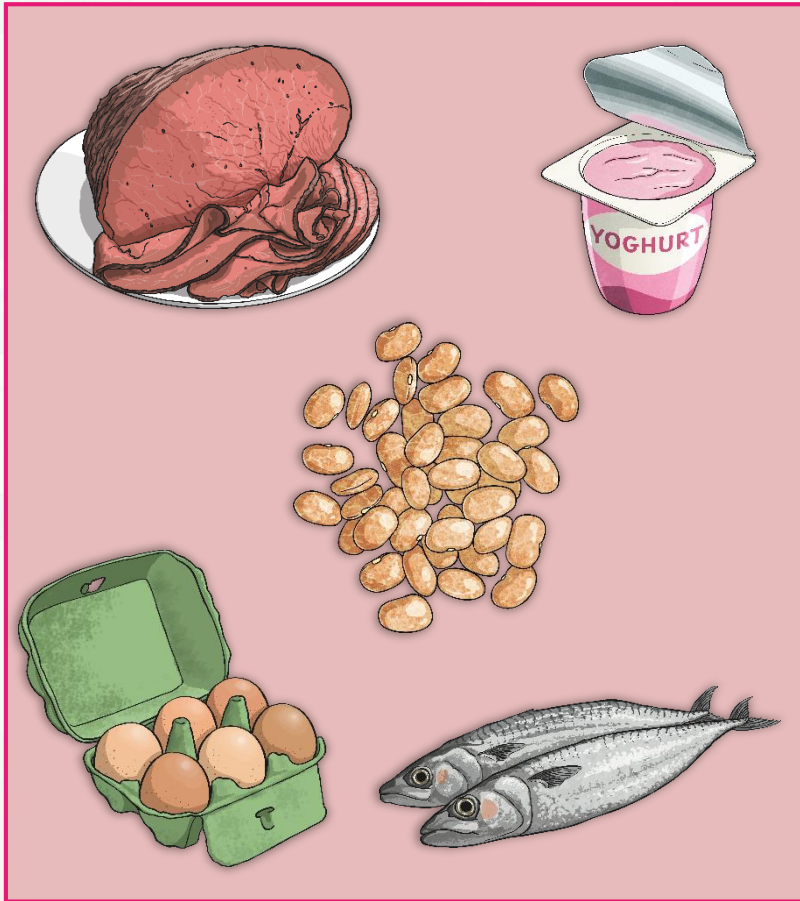
Types of Nutrients

Nutrients are substances that animals need to stay alive and stay healthy. These nutrients are found in the foods we eat.

There are seven nutrients.

Nutrient	Found in... (examples)
carbohydrates	
protein	
fibre	
fats	
vitamins	
minerals	
water	

Types of Nutrients - **Proteins**



**Proteins help your body
to grow and repair itself.**

Foods high in protein
include:

Red Meat
Fish
Beans
Yoghurt

Types of Nutrients - Carbohydrates



Carbohydrates give you energy.

Foods high in carbohydrates include:

Bread
Pasta
Fruit
Potatoes

Types of Nutrients - Fats

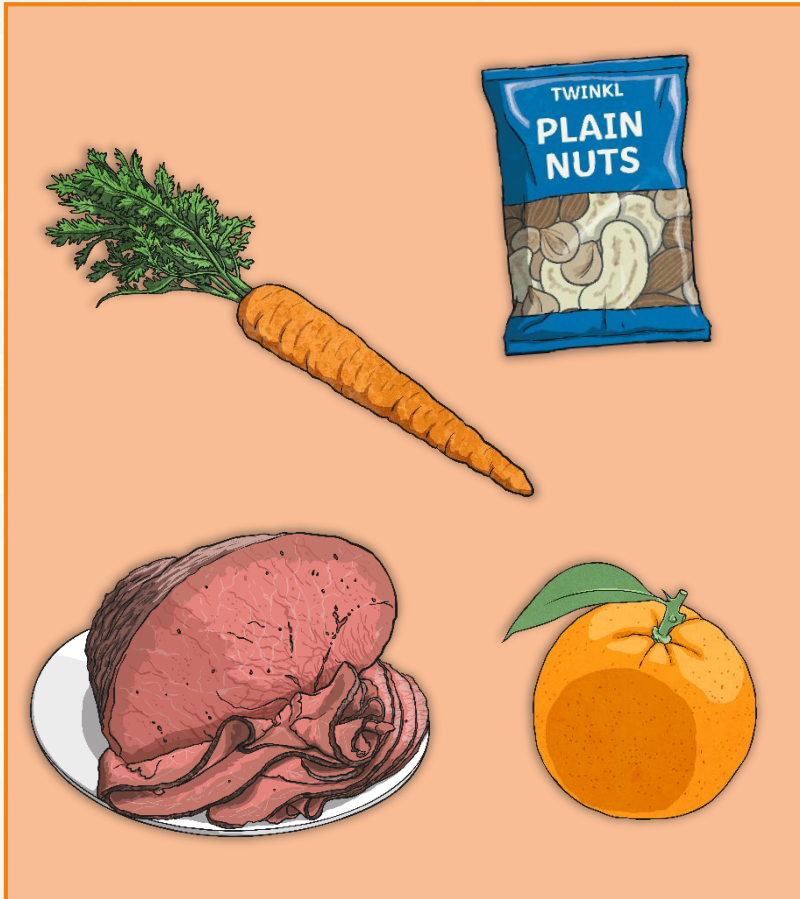


Fats give you energy.

Foods high in fats
include:

Nuts
Oils
Avocados
Butter

Types of Nutrients - **Vitamins**

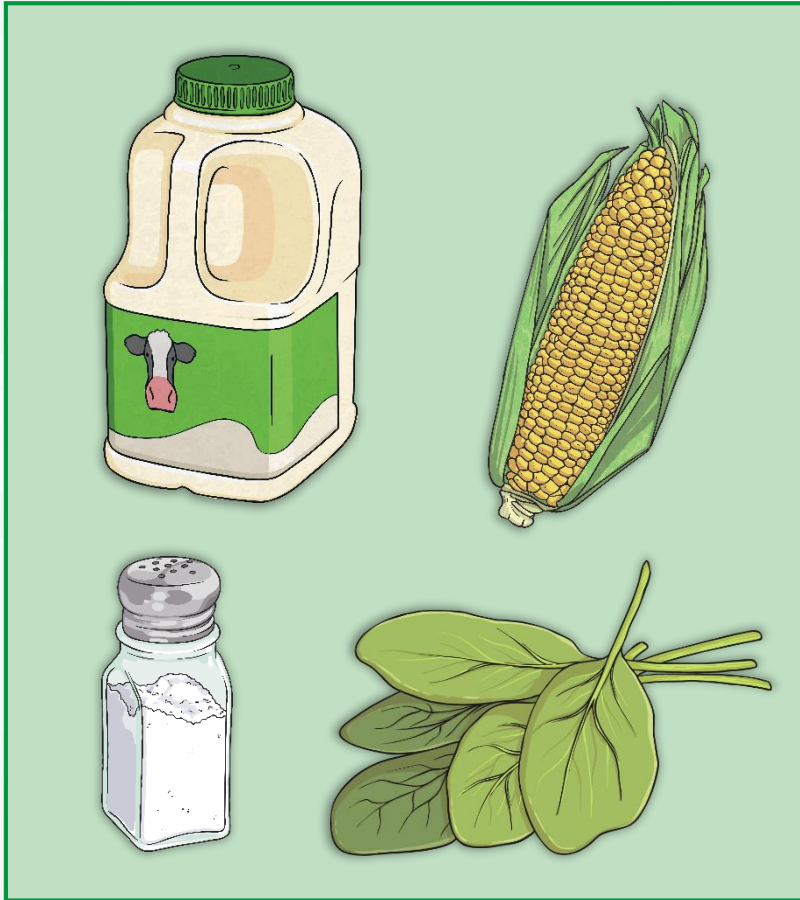


**Vitamins keep your
body healthy.**

Foods high in vitamins
include:

Oranges
Carrots
Beef
Nuts

Types of Nutrients - Minerals

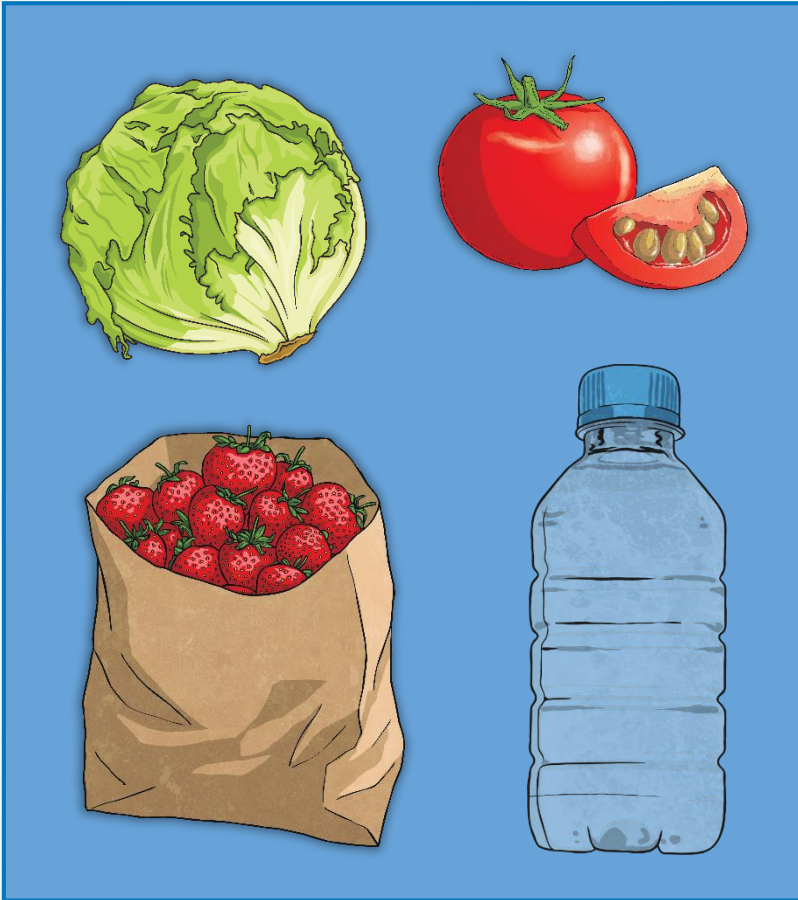


**Minerals keep your
body healthy.**

Foods high in minerals
include:

Milk
Spinach
Salt
Sweetcorn

Types of Nutrients - **Water**



Water helps to move nutrients in your body and get rid of waste that you don't need. It is an essential nutrient for our survival. While it is really important to drink plenty of water, it is also important to remember that many foods contain water also.

Foods high in water include:

Tomatoes
Cucumbers
Lettuce
Strawberries

Types of Nutrients - Fibre



**Fibre helps you to digest
the food that you
have eaten.**

Foods high in fibre include:

Cereal
Apples
Wholegrain bread
Lentils

Food Groups and Nutrients

Within each food group, there are many foods which contain more than one type of nutrient.







For example, eating broccoli from the fruit and vegetables section would provide various different nutrients. This food is a great source of minerals (especially a mineral called potassium), a really good source of vitamins and it provides the body with fibre.



Choose whether you want to complete the 1*, 2* or 3* worksheet from the website, or on Teams. The 1* has more help if you find this difficult and the 3* is the most challenging.








***** What Do Nutrients Do for Us?**

Cut out and match the nutrient type with the reason why we need it and the type of food it would get it from. Give another type of food for each category in the blank box.

Nutrient Type	Foods That Provides Nutrient	Why We Need It
Protein		Keeps you healthy
Carbohydrates		Moves nutrients in the body Cleans waste
Fats		Helps you digest food
Vitamins		Keeps you healthy
Minerals		Gives energy
Water		Grows and repairs your body
Fibre		Gives energy








***** What Do Nutrients Do for Us?**

Cut out and match the nutrient type and why you need it. Give another type of food for category in the blank box.

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Water 	Grows and repairs your body
Fibre 	Gives energy

*** What Do Nutrients Do for Us?**

Match the nutrient type with the reason why humans need it. One is done for you.

Nutrient Type	Why We Need It
Protein 	Keeps you healthy
Carbohydrates 	Moves nutrients in the body Cleans waste
Fats 	Helps you digest food
Vitamins 	Keeps you healthy
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