

Things I already know

I know the basic needs of animals for survival: food, water and air.

Key Facts

- Fruit and vegetables, for example, apples, bananas and broccoli, give us vitamins to keep our bodies working and help our immune system and fibre to help our digestion.
- Carbohydrates, like pasta, bread and rice, keep our energy levels up.
- Proteins, such as meat, beans, and eggs, build healthy muscles and allow our bodies to grow and repair.
- Dairy, like milk, cheese and yoghurt, gives us calcium for strong teeth and bones. Many dairy-free alternatives have calcium added to them too.
- Fats and oils, for example olive oil and butter, act as an energy store.

What is a healthy diet?

- Our **diet** is the kinds of foods we eat.
- A healthy diet should be **varied**. It should include all of the five food groups and not too much of the same thing.

Key Vocabulary

healthy	in a good physical and mental condition
nutrients	substances that living things need to stay alive and healthy
energy	strength to be able to move and grow
saturated fats	types of fats, considered to be less healthy, that should only be eaten in small amounts
unsaturated fats	fats that give you energy, vitamins and minerals

Questions I can answer

- How do we keep healthy?
- Why is it important to keep healthy?
- What choices can we make for a healthy lifestyle?
- How can we group the type of foods we eat?
- How do the different food groups help to keep us healthy?
- Can you design a healthy meal/menu?

Significant people



Louis Pasteur



Jamie Oliver

FRUITS

Uniqueness – we all have unique bodies and need to look after them.

Intellect – a healthy body and balanced diet allows us to develop our intellect.