

*WALT: to understand what it means to have a healthy, balanced diet*

Success Criteria:

- I can name the different food groups
- I can identify which food group something belongs to
- I can design a menu for a day of healthy eating

Star  
Words

balanced diet    healthy    unhealthy    food group

*Humans and animals need certain things to keep alive.  
One of these things is food!*

*All animals and humans need food to keep them  
healthy and strong.*

*Some animals eat only need to eat one type of food.*



*Koala's eat eucalyptus leaves*

*Panda's eat bamboo*

*Other animals need to eat lots of different kinds of food to  
stay healthy.*



*Which animals eat lots of different kinds of food?*

*As humans we need eat a lot of different types of food, this is called a balanced diet. A balanced diet is a diet that contains the right amounts of all the food groups. Eating wrong amounts of a food group whether it be too much or too little is called an unhealthy diet!*

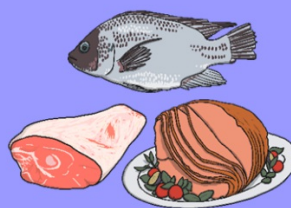


*We can sort food into 5 different groups because the food in these groups do different jobs in your bodies and provide different things it needs.*

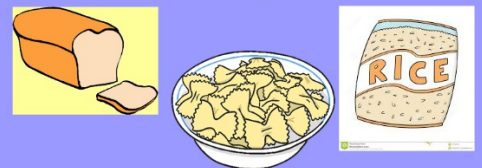
### Diary



### Meat and Fish



### Carbohydrate



### Sweets and Oils



### Fruits and Vegetables







Can you sort the foods into the correct food groups?

Diary

Meat and Fish

Carbohydrate

Sweets and Oils

Fruits and Vegetables



## Special Diets!

*Humans do not have to eat meat, in fact many people choose to exclude meat from their diet altogether! They can still eat a healthy balanced diet because they can get the things they need from other foods such as quorn, nuts and oats!*

*Some people have an allergy or intolerance to foods like dairy. This means they need to exclude it from their diet!*



*As we already know, a healthy balanced diet is a diet that contains the right amounts of all the food groups.*

*A food pyramid helps us to see how much of each type of food we should eat.*

*What to eat in a day:*

*Fruit, vegetables and carbohydrates with every meal and for snacks.*

*2 - 3 portions of meat*

*2 - 3 portions of dairy*

*No more than 1 sugary treat*



You are now going to design a menu for a day of healthy eating!

Healthy Eating Menu

|           |  |
|-----------|--|
| Breakfast | Weetabix with milk<br>Banana<br>Yogurt                     |
| Lunch     | Ham sandwich<br>Orange and an apple<br>1 chocolate biscuit |
| Dinner    | Meatballs in a tomato<br>sauce with pasta<br>Pineapple     |



*What's on the menu?  
Let's share our ideas!*



*What have you chosen for your healthy menu?*



*Why?*

