



Health and Movement

Learning Objective:

To identify that humans get the nutrition they need from what they eat.





Mmm...I love eggs with toast soldiers!

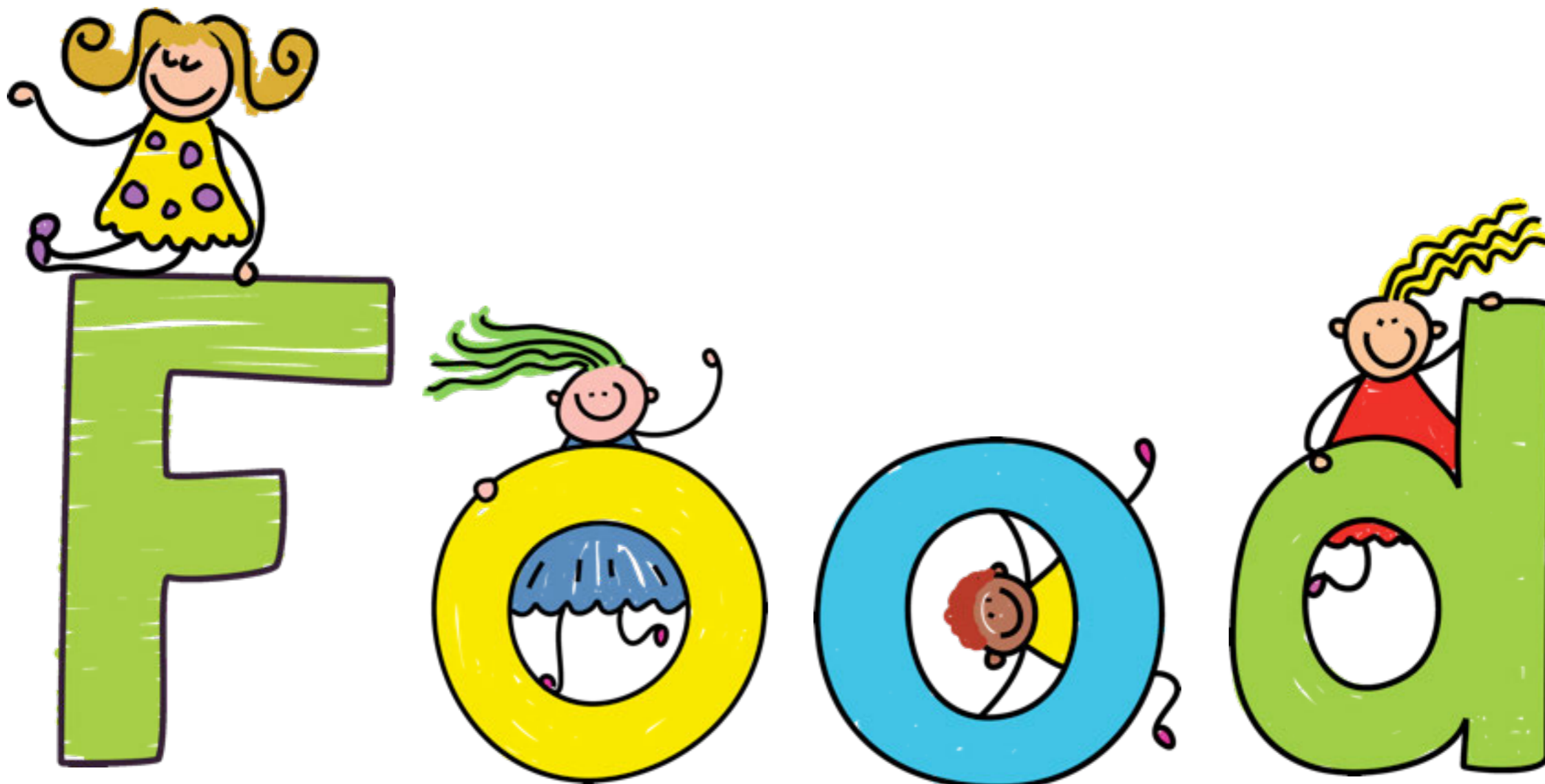
Juicy apples are my favourite!



There is nothing better than a good biscuit!



What is your favourite food?



Why do we eat food?

We need to eat to get the nutrition we need to move and to grow. Plants can make their own food by changing sunlight into sugars but humans and other animals have to eat to get the energy they need.

We need to eat lots of different types of foods to keep our bodies healthy. Have a look at the pictures on the next slides. How could you organise these foods into groups? Discuss your ideas with a friend...





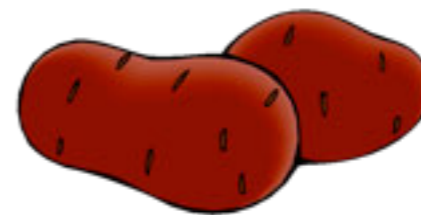
pasta



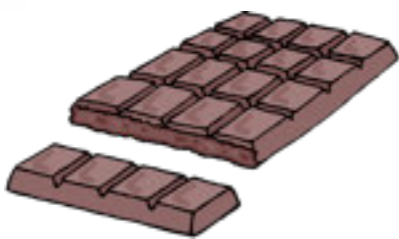
broccoli



fish



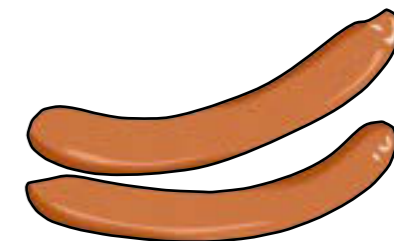
potatoes



chocolate



crisps



sausages



carrot



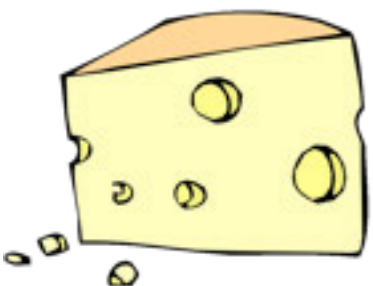
steak



bananas



rice



cheese



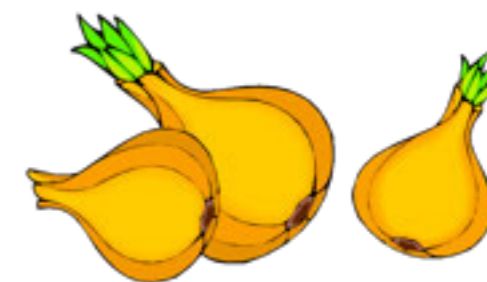
apple



bread



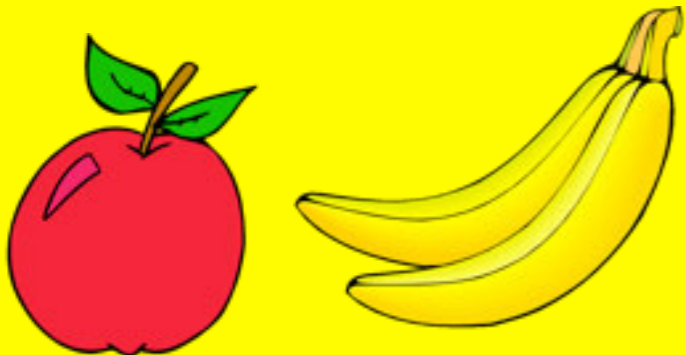
cake



onions

There are lots of different ways you can group foods together. Here is one way:

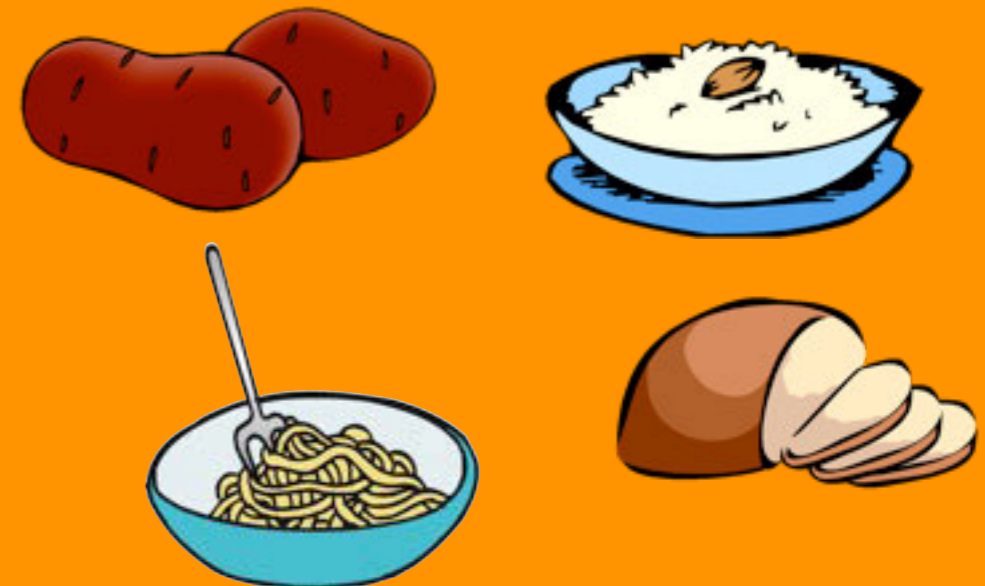
Fruits



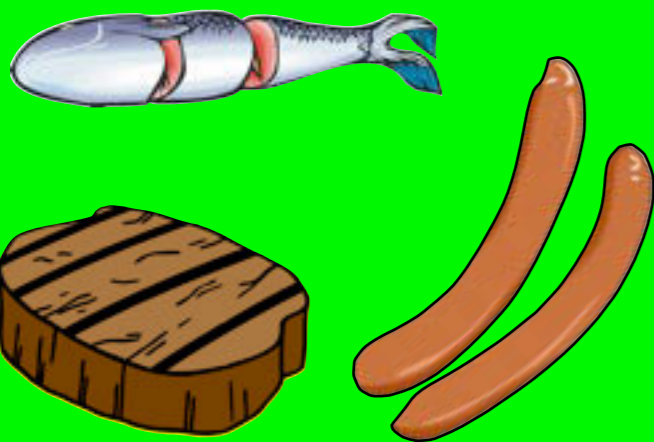
Vegetables



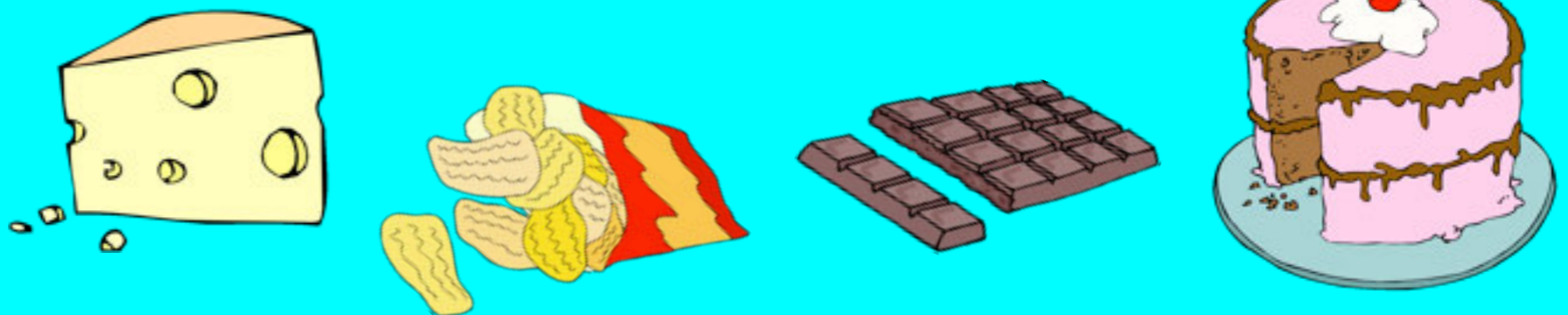
Starches



Meat and Fish

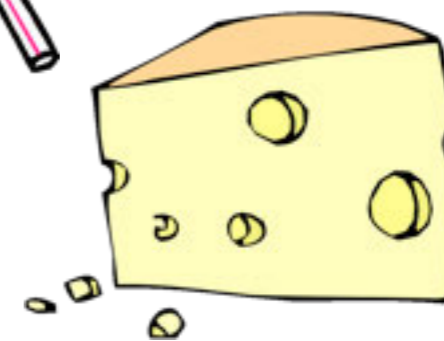
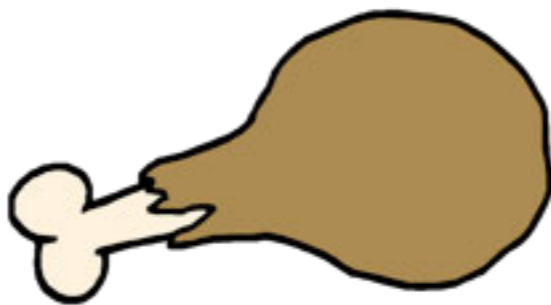
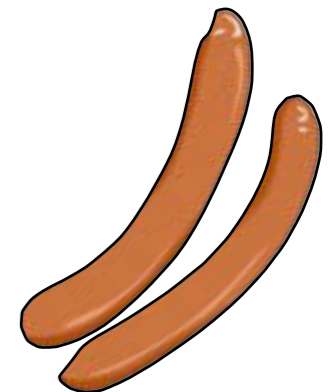
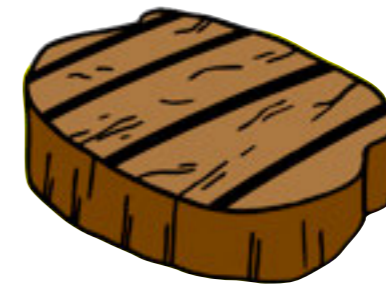


Fats and sugars



These different groups of food all provide different things our bodies need. The two main reasons humans and other animals need food is for growth and for energy.

Foods for GROWTH are called proteins. Protein helps us to grow but also to repair our bodies when we are ill or injured. Good foods for growth include meat, fish, nuts, cheese, milk and eggs.



Foods that are eaten for ENERGY help us to carry out all the things we do every day, including walking, running, picking up pencils, climbing the stairs and many other things. These foods also help our bodies to carry out all the functions that we do not even think about, such as breathing in and out, blinking and beating our hearts.

Good foods for energy include starches, such as pasta, rice, bread and potatoes, as well as fats and sugars.

