



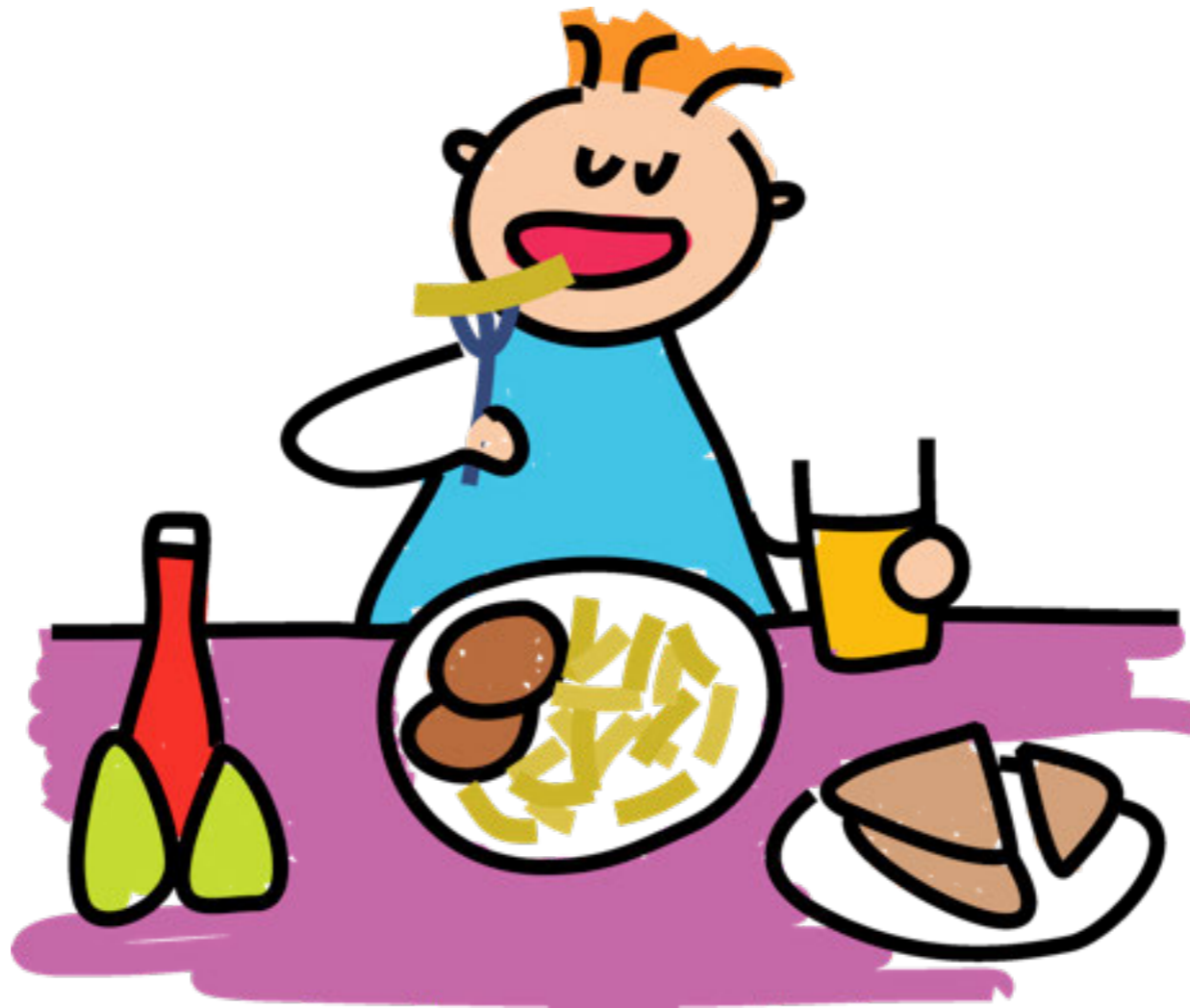
Health and Movement

Learning Objective:

To identify that a balanced diet is needed in order to stay healthy.



How many reasons can you think of for why we eat food?



Think, pair, share your ideas.

How many reasons did you think of? Write a list.



In order to stay healthy we need to eat a BALANCED DIET. This means that we need to eat the right amount of different types of foods to make sure that we get all the nutrients our bodies need.



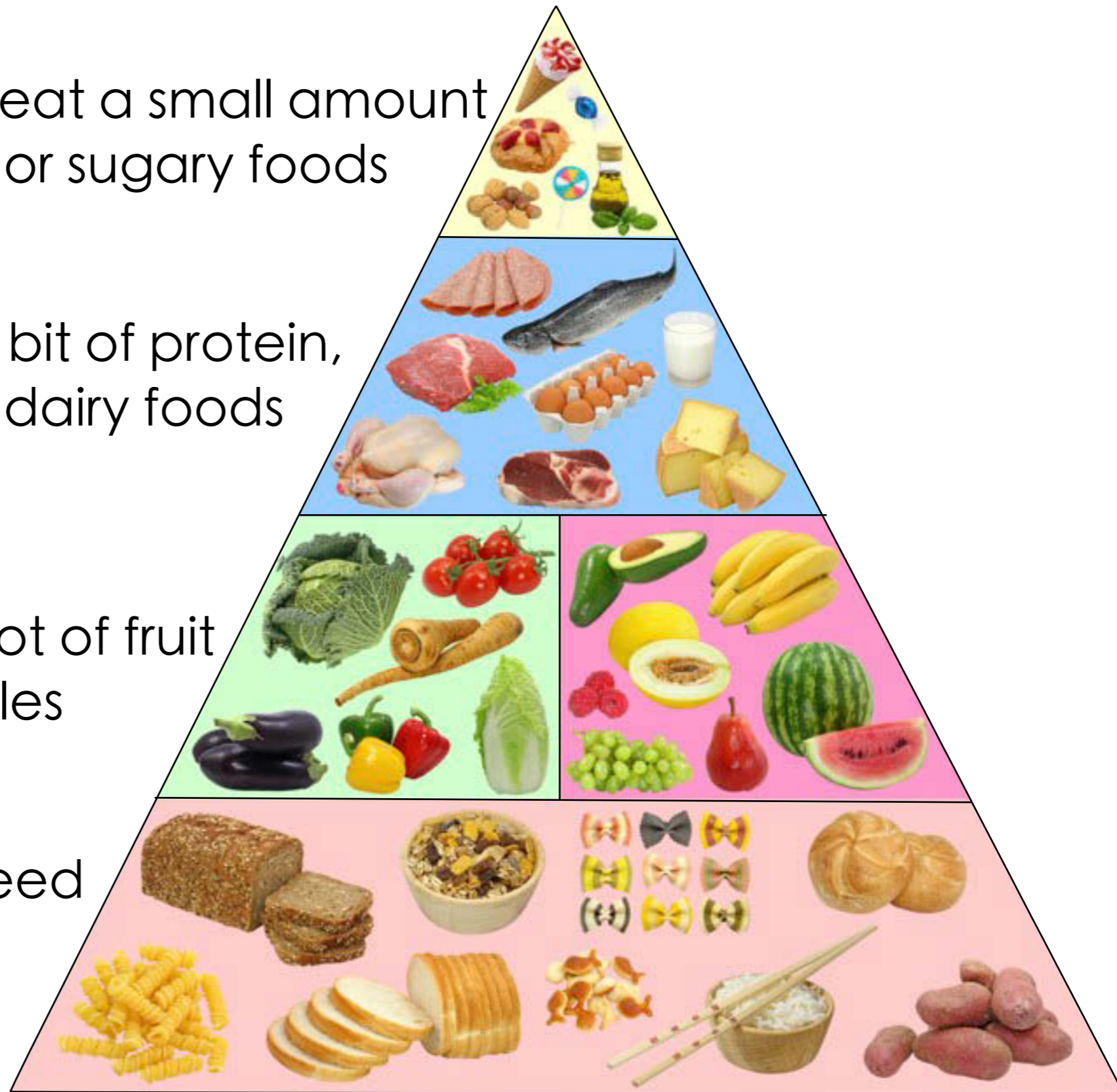
Have a look at the food pyramid on the next slide. This shows how much of each different food group you need to eat to stay healthy.

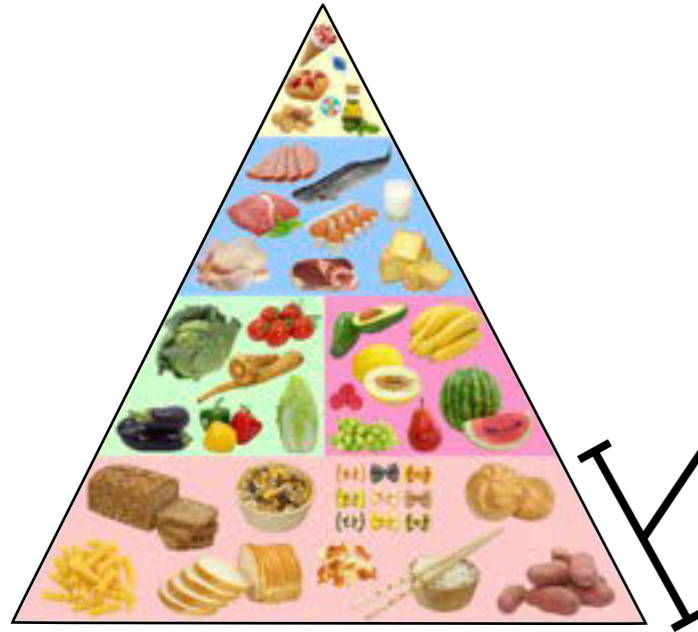
You should only eat a small amount
of very fatty or sugary foods

You need a bit of protein,
including dairy foods

You need to eat a lot of fruit
and vegetables

The food group you need
to eat most of is
carbohydrates



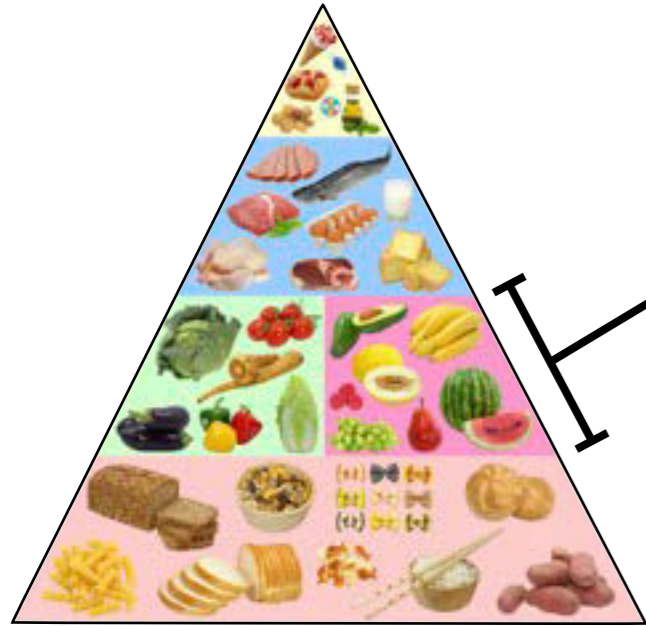


Carbohydrates

- bread
- pasta
- rice
- potatoes
- cereals
- lentils

Carbohydrates are an important source of vitamins and iron. They contain sugars that give us energy. Some carbohydrates, such as wholegrain cereal, give us fibre to keep our digestive systems working properly. Potatoes are not classed as vegetables but as a carbohydrate because they contain a lot of starch.



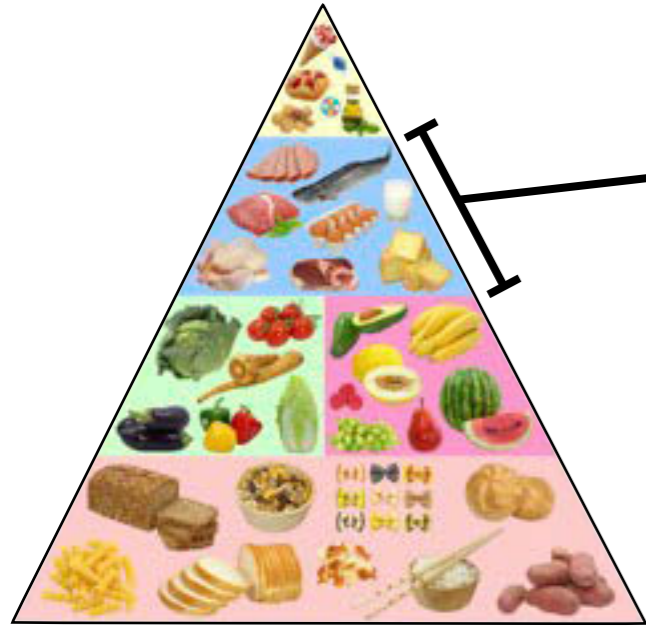


Fruit and Vegetables

- apples
- berries
- carrot
- lettuce
- oranges
- lemon
- onion
- peas

Fruit and vegetables are low in fat and contain natural sugars to give you energy. They contain lots of different vitamins, minerals and antioxidants to keep you healthy. You should eat a wide range of fruit and vegetables and try to eat at least five portions a day.



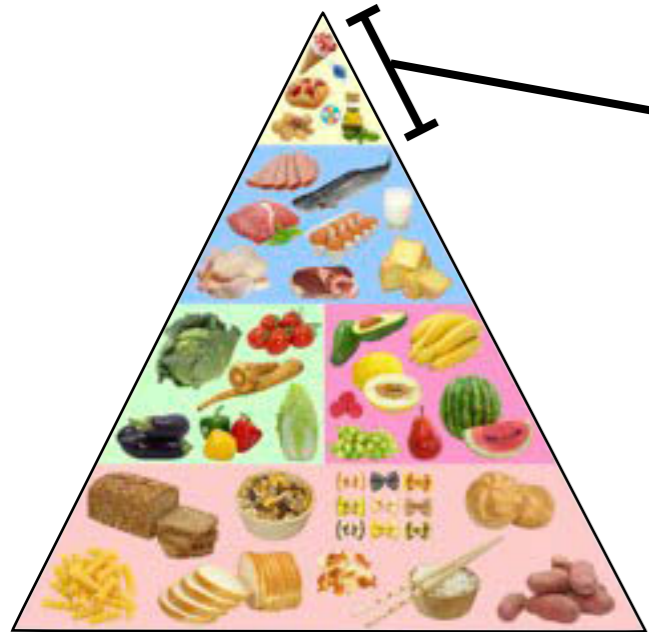


Protein and Dairy

- | | | | |
|------|-------|--------|--------|
| meat | eggs | milk | butter |
| fish | beans | yogurt | nuts |

Protein helps the body to repair itself and to grow. Foods such as meat and fish also provide iron and minerals. It is important for vegetarians to ensure they get enough protein by replacing meat and fish with eggs, beans, lentils and soya which are all good alternatives.





Fats and Sugars

cakes
sweets

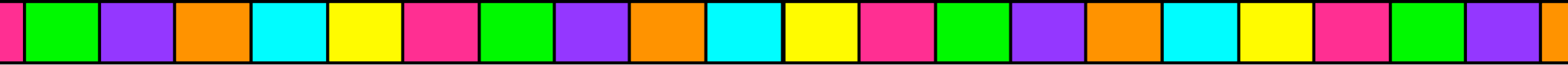
biscuits
crisps

chocolate
fizzy drinks

Fats and sugars are necessary in a diet but in very small amounts. You can usually get the fats and sugars you need from other food groups.

Junk foods like crisps, sweets, cakes and chocolate might taste nice but they don't have many nutrients in them to help the body and too many can be very unhealthy.





This diagram is another way of showing how much of each different food group you should have in your diet.



What foods can you see on this plate?



◀ BACK

NEXT ▶

People who do not eat the right amount of each food group may start to feel tired and poorly. However, some people have restrictions on what they can eat.

This is Tim. Tim is a vegetarian which means he does not eat meat or fish. How can he make sure that he gets enough protein for growth in his diet?



This is Celia. She has a disease which means she cannot eat wheat, so she cannot eat bread, pasta and cereals. How can she make sure she gets enough carbohydrate for energy in her diet?

