

Do you like to move it move it?

Science - Animals including humans



L.O: To understand the content and purpose of different food groups



**Why do
living things
need food?**



Living Things and Food



Why do living things need food?

To grow



To be strong



To be healthy



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carbohydrates

fruit and vegetables



**treat foods
(fats and sugar)**

protein

dairy



oils

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TASK 1

Sort your food into the different food groups.

CHALLENGE - add an extra item to each food group

20min

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What are nutrients?



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

carbohydrates

minerals

fibre

water

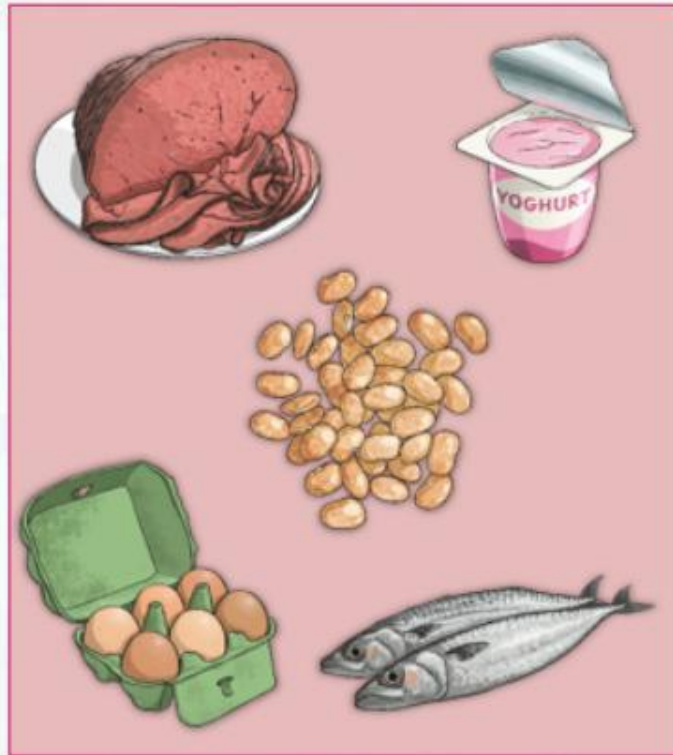
vitamins

protein

fats

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Types of Nutrients - **Proteins**



Proteins help your body to grow and repair itself.

Foods high in protein include:

Red Meat
Fish
Beans
Yoghurt

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Types of Nutrients - **Carbohydrates**



Carbohydrates give you energy.

Foods high in carbohydrates include:

Bread
Pasta
Fruit
Potatoes

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Types of Nutrients - Fats



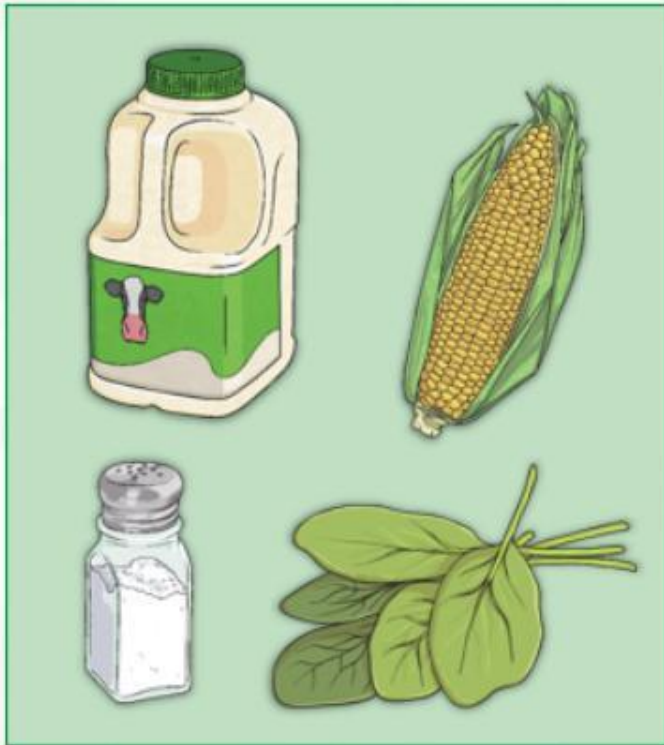
Fats give you energy.

Foods high in fats
include:

Nuts
Oils
Avocados
Butter

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Types of Nutrients - Minerals



Minerals keep your body healthy.

Foods high in minerals include:

Milk
Spinach
Salt
Sweetcorn

calcium
found in
dairy
foods is a
mineral.



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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

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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

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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 with 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.

