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PERFECT PLUS TUTORING

Food Glorious Food
KS2
Monday - Science/Health

Why is it important to eat healthily?

We have 5 main food groups which we need to eat from in order to stay healthy.

Carbohydrates:
Carbohydrates are starchy foods and they give us energy. These include pasta, potatoes, bread and rice.

Protein:
Proteins are important to help us build muscles and make the body stronger. We can get protein from meat, fish, eggs and beans.
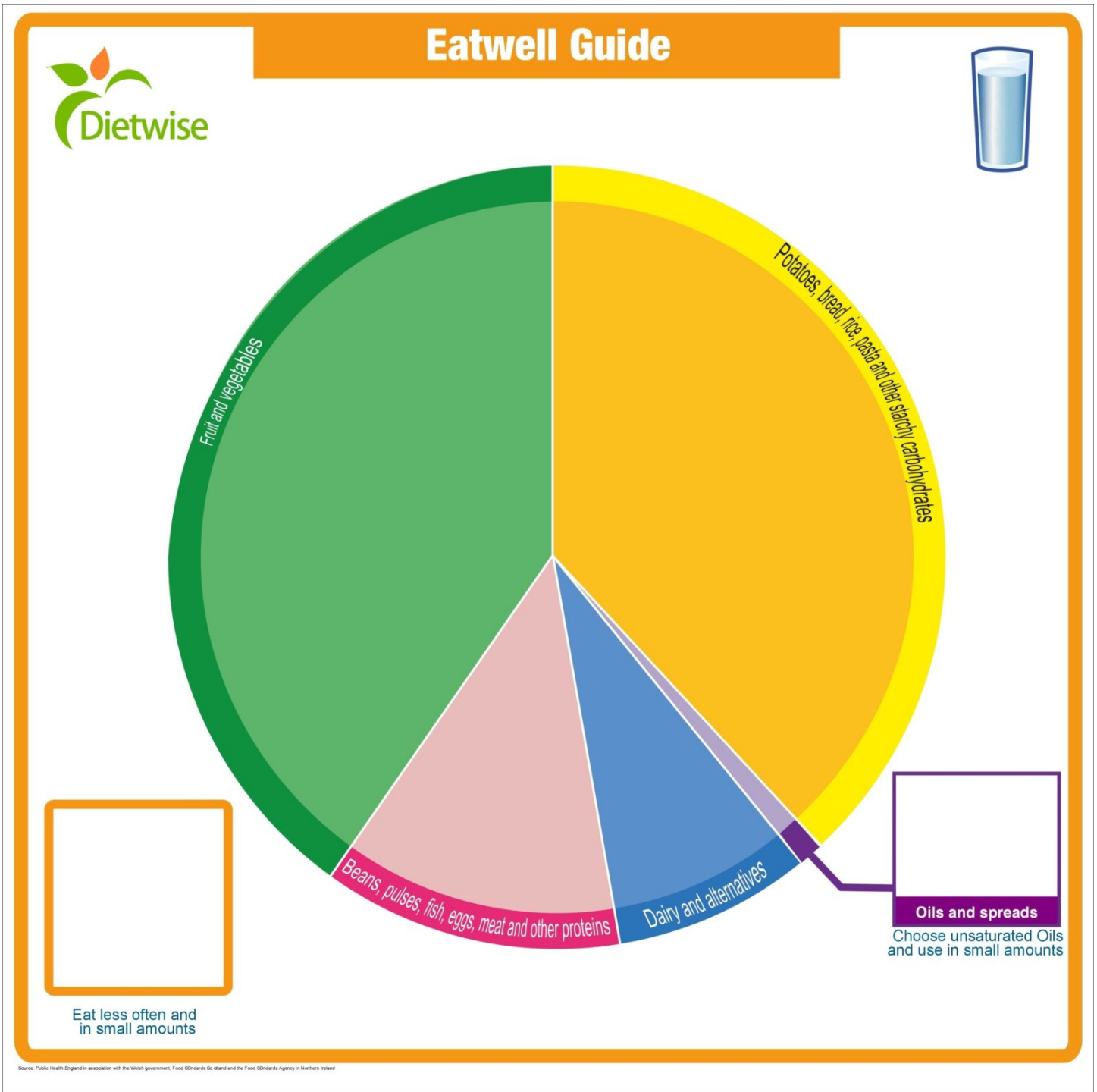
Fruit and Vegetables
Fruit and vegetables include lots of important minerals and vitamins which are important for our body to be healthy.

Dairy
Dairy products contain minerals such as Calcium which are important for our bones. They include milk and cheese.

Fats
Fatty foods are important to give us an energy boost. Particularly if we are doing a lot of exercise but we should not eat a lot of fatty foods.

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Eatwell Guide

Dietwise

Fruit and vegetables

Potatoes, bread, rice, pasta and other starchy carbohydrates

Beans, pulses, fish, eggs, meat and other proteins

Dairy and alternatives

Oils and spreads

Choose unsaturated Oils and use in small amounts

Eat less often and in small amounts

Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

This is an eatwell plate. It tells us how much of each food type we should have on our plate at each meal.

Using this plate can you design and draw your own healthy meal.