

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

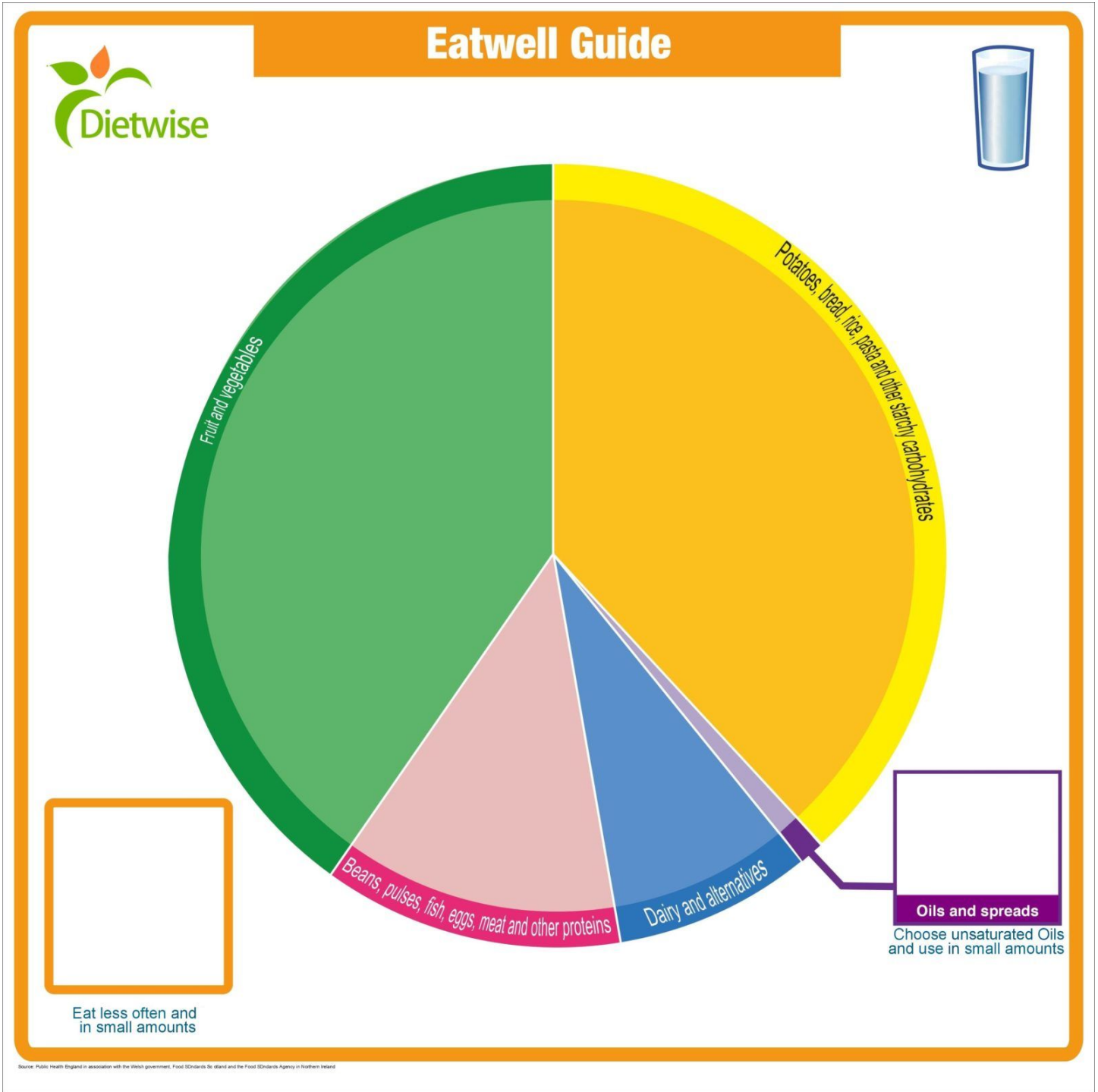
Fruit and vegetables include lots of important minerals and vitamins which are important for our body to be healthy.

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.



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.