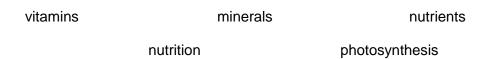
### **Science –Nutrition and health**

This week, we are going to focus on how to keep healthy. One way is to think about the food we eat. We are going to learn how living things obtain food, examine food groups and explain why animals (including humans) need the right type of nutrients in order to stay alive and keep healthy.

#### Complete the learning tasks below:

1. Create a science **dictionary** for the words:



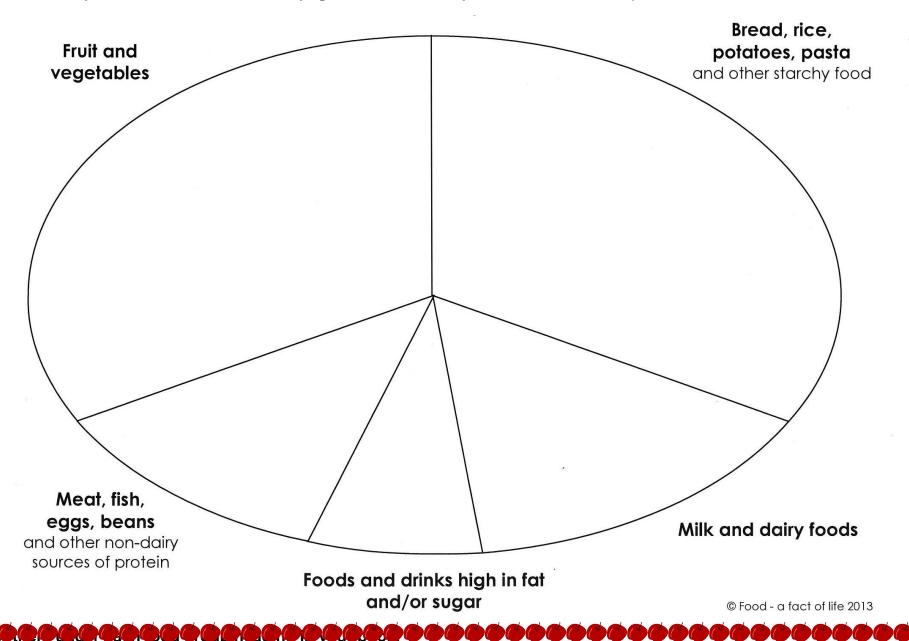
- 2. Read the **PowerPoint** "Types of Nutrition" to learn more about nutrients and nutrition before you start Task 3. When you see a red **Q**: on the PowerPoint, talk to an adult to share your thoughts or if your adult is busy, you could write your ideas down in your home learning book.
- 3. Match the nutrient type to why we need it. You need to think of 2 examples of food for each category.

	Nutrient Type	2 Examples of Foods That Provides This Nutrient				
1	Protein					
2	Carbohydrate					
3	Fat					
4	Vitamins					
5	Minerals					
6	Water					
7	Fibre					

	Why We Need It						
Α	Keeps you healthy						
В	Moves nutrients in the body Cleans waste						
С	Helps you digest food						
D	Keeps you healthy						
Е	Gives you energy						
F	Grows and repairs your body						
G	Gives you energy						

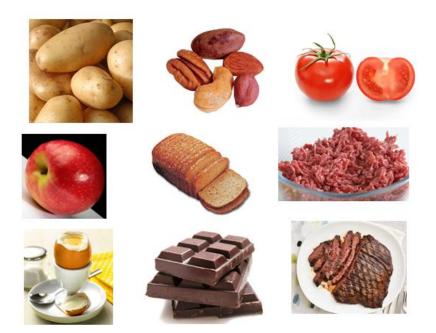
## **Nutrition Task 4**

Cut and stick the pictures of food on the next page into the correct place on the 'eat well' plate



Cut and stick these foods into the correct place on the 'eat well' plate or draw them under each food group heading in your book.



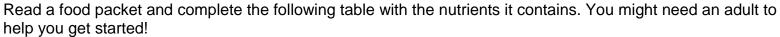


#### **CHALLENGE 1: Healthy meal**

Use the 'eat well plate' to create your favourite healthy balanced meal. It could include lunch /dinner, a pudding and a drink.

Either print the plate and draw your meal in the correct places on it or draw your meal in your home learning book.

CHALLENGE 2: The Food Packet Challenge
Have a look around your home. List any food and write the amount of nutrients it contains on the learning sheet below.



Look at the nutritional values per 100g of that food. When it comes to vitamins and minerals, you can either leave it blank or write 'doesn't say' if it doesn't tell you or write the daily percentage.

g = grams which is a measurement of weight.



Food	Carbohydrates (amount in g)	Protein (amount in g)	Fats (amount in g)		Fibre (amount in	Vitamins (%)	Minerals (%)	Water (✓ or X )
			Saturated	Unsaturated	g)	( /0)	( /0)	(
Porridge Oat Bars	52g	8.1g	10.5g	22.6g	5.2g	Doesn't Say	Doesn't Say	х

# **Fitness Assessment**

F	How many in one minute?				
Exercise	First Try	Second Try			
star jumps					
sit ups					
press ups					
burpees					
squat jumps					
lunges					
high knees					
box or bench jumps					
mountain climbers					
shuttle runs					