

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:

vitamins

minerals

nutrients

nutrition

photosynthesis

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.

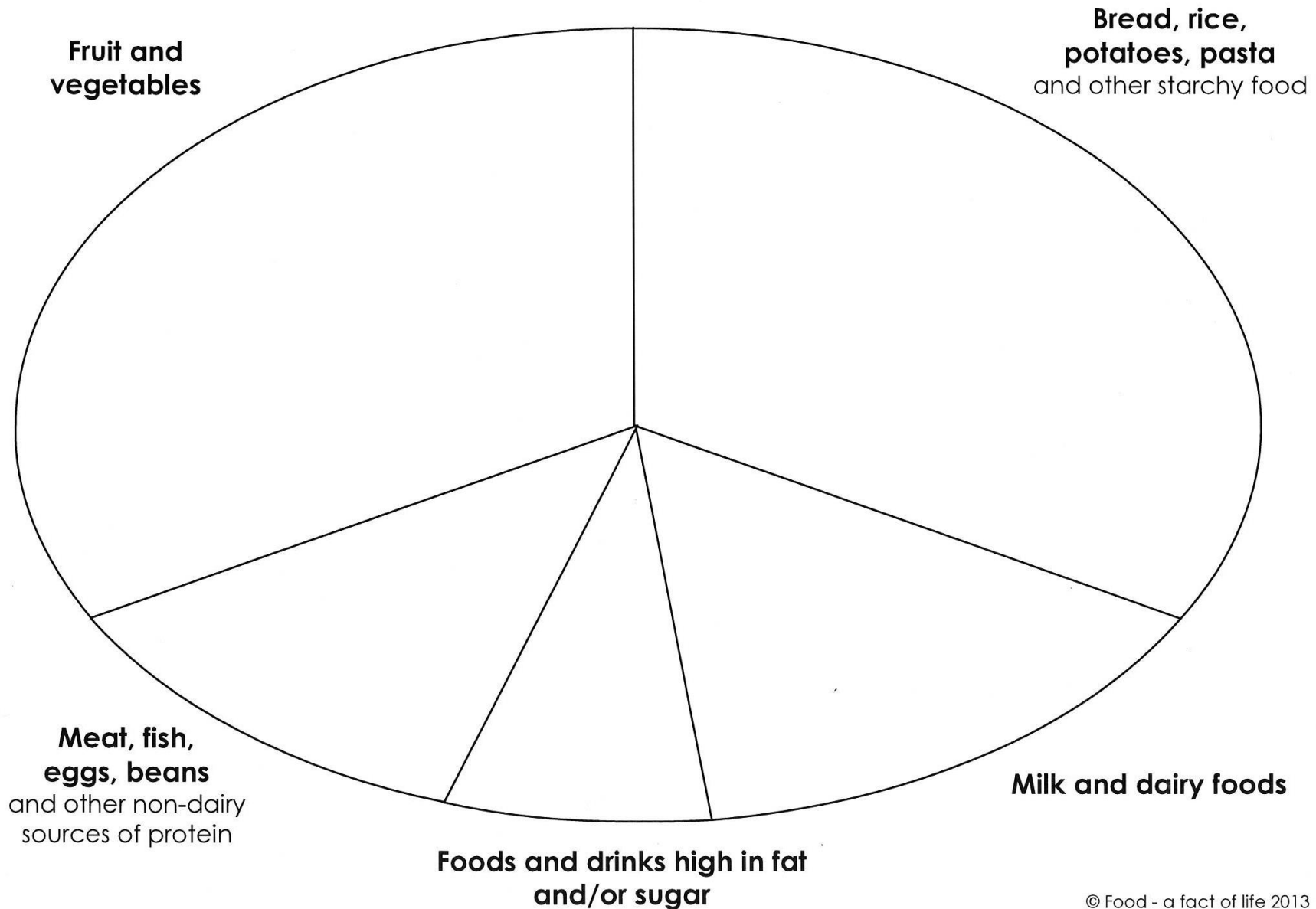
3. Match the nutrient type to why we need it. You need to think of 2 examples of food for each category.

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

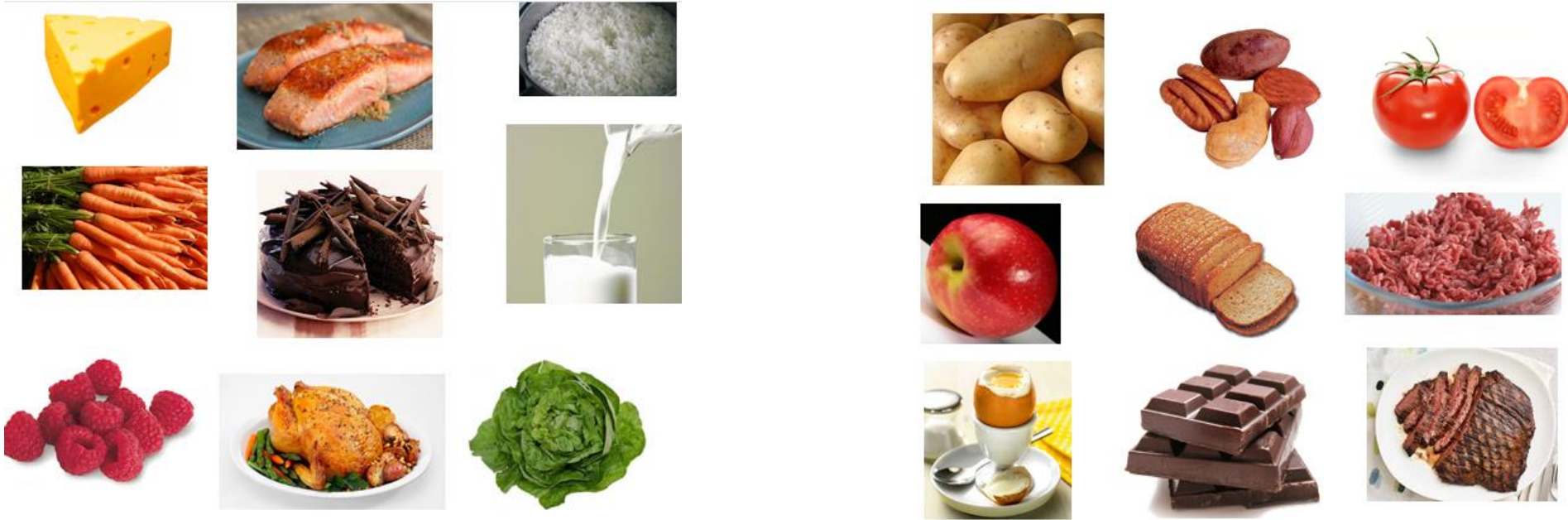
	Why We Need It
A	Keeps you healthy
B	Moves nutrients in the body Cleans waste
C	Helps you digest food
D	Keeps you healthy
E	Gives you energy
F	Grows and repairs your body
G	Gives you energy

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.

Fitness Task 2

Fitness Assessment

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