

Science

Week 4

Our Science Learning Journey

Key Vocabulary:

Food groups

Carbohydrates

Protein

Dairy

Fats

Fruit and vegetables

Diet



Wednesday 26th November 2025



LQ: Can I identify the foods that make a healthy diet?

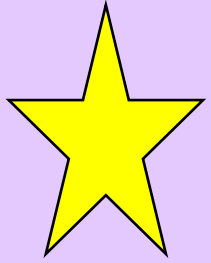
Steps to Success

All – I can classify healthy and unhealthy foods.

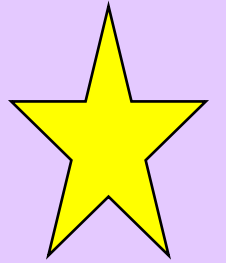
Most – I understand the importance of humans eating different types of food.

Some – I can explain what would happen if humans only ate unhealthy foods.





STAR WORDS



Fruit and vegetables



Diet



Carbohydrates



Fats



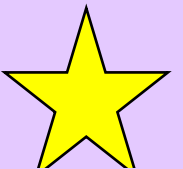
Protein



Dairy



Food groups



LQ: Can I identify the foods
that make a healthy diet?

Wednesday 26th November 2025

RECAP!

Last week we learnt about the basic needs of humans for survival.

TPs:

What do humans need to survive?



LQ: Can I identify the foods
that make a healthy diet?

Wednesday 26th November 2025



What does *healthy* mean?

Healthy means fit and free from illness.

It is OK to eat unhealthy food and do unhealthy activities sometimes, as long as you're only doing this occasionally and as long as you're eating and doing lots of healthy things too!

LQ: Can I identify the foods
that make a healthy diet?

Wednesday 26th November 2025

Healthy

Unhealthy

Sort these activities in the correct group ...

Healthy



Unhealthy

LQ: Can I identify the foods that make a healthy diet?

Wednesday 26th November 2025

Humans need different types of food to stay fit and healthy. They need a **balanced diet**.

TPs: What is meant by having a balanced diet?

A **balanced diet** means that each day we try to eat lots of different types of food, in the right amounts, to give us enough nutrients (the goodness found in food) to stay healthy.



LQ: Can I identify the foods that make a healthy diet?

Wednesday 26th November 2025

Fruit and vegetables



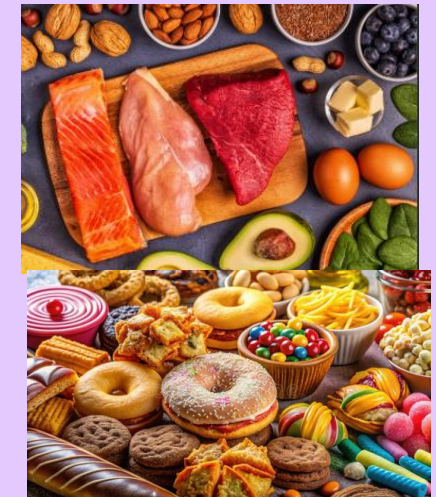
Dairy



Carbohydrates (starchy foods)



Fats (and oils)



Protein



There are 5 different food groups:

TPs:

Which food group do you prefer? Why?

LQ: Can I identify the foods that make a healthy diet?

Wednesday 26th November 2025

Carbohydrates



Give us steady energy and keep us full up.

The energy is easy for our bodies to use, so lots of athletes eat carbohydrates before races and training.

You should try and eat carbohydrates at every meal.

LQ: Can I identify the foods that make a healthy diet?

Wednesday 26th November 2025

Protein

Help our bodies grow and repair themselves.

Without protein, you won't have a strong body because your muscles won't develop. You will also take longer to heal when you injure yourself.

People who eat **meat** get lots of protein.

Vegetarians need to eat nuts and foods like Quorn to give them protein.



LQ: Can I identify the foods that make a healthy diet?

Wednesday 26th November 2025

Dairy



Dairy provides *calcium*.

Your body needs calcium to help keep bones and teeth strong and healthy. Be careful though... some of dairy like ice-cream and cheese are high in fat, so you shouldn't eat too much!

LQ: Can I identify the foods that make a healthy diet?

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Fruit and vegetables



Fruit and vegetables provide fiber and vitamins.

If you don't eat enough fiber, it can become difficult to go for a poo. Vitamins help keep you fit and healthy, they create an army which can fight off bugs and bacteria.

*You should eat at least **5 portions** of fruit and vegetables each day.*

LQ: Can I identify the foods that make a healthy diet?

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Fats (and oils)



Fats, sugary and oily foods help provide energy. Our bodies are really clever, and store the spare energy from fats until your body needs it, but you shouldn't eat too many fats! Sugars provide short bursts of energy, which don't last for very long and might make you a little **hyperactive** which means a difficulty in keeping still and calm!

LQ: Can I identify the foods
that make a healthy diet?

Wednesday 26th November 2025

Healthy

Unhealthy

Sort these foods in the correct group ...

Healthy

Unhealthy



LQ: Can I identify the foods that make a healthy diet?

Wednesday 26th November 2025

Healthy

Unhealthy

Can you name some foods that are healthy and unhealthy?

Healthy

Unhealthy

Self Assessment

Do you know the foods that are healthy and unhealthy?



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LQ: Can I identify the foods that make a healthy diet?

LQ: Can I identify the foods that make a healthy diet?

Wednesday 26th November 2025

Task

Draw 'healthy' and 'unhealthy' foods in your books. Draw a line in the middle of the page and write:

Healthy

Unhealthy



Then write why it is important to eat healthy food.

Sentence starter:

It is important to eat healthy food because ...

If humans only ate unhealthy food then ...

Self Assessment

Do you know what to do?



LQ: Can I identify the foods
that make a healthy diet?

Wednesday 26th November 2025

What a child should be able to do: (Assessment)

All: I can name at least three basic needs of a human.

Most: I can explain different stages of the human life (baby, toddler, child, teenager, adult elderly).

Some: I can explain why exercise is important.