

# Summer Term 1

## Healthy Lifestyle

LO:

To understand the food groups that contribute to a healthy diet



## **Healthy Eating**

**Big Question:**? Why is it important to have a healthy diet?

Date:

### 5 Minute starter

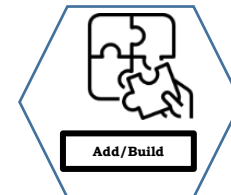
1. Name a healthy nutrient.
2. What foods contain carbohydrates?
3. What types of foods are classed as protein?
4. What nutrient is important to help with to keep healthy teeth and bones?



**Word of the Week**  
***'Nutrients'***

**Word bank**  
Carbohydrate  
Protein  
Health  
Diet  
Exercise  
Vitamins  
Minerals

**Extension task:** Write down three to four questions that you would ask yourself about the quality of your own diet.



**Behaviours:** Group discussion, debating, decision making, collaboration

**Big Question:** Why is it important to have a healthy diet?

Date:

5 Minute starter

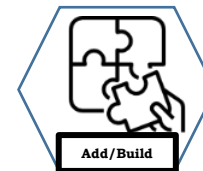
*Answers.....*

1. Fibre – fresh fruit and cereals.
2. Bread, cakes and rice, pasta.
3. Chicken, fish, lean red meat and pork.
4. Calcium.



**Word of the Week**  
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**Word bank**  
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**Extension task:** Personal responses: Do I have a balanced diet? Do I eat too much fatty foods? Do I eat too much salt and sugar? How can I improve my diet?



**Behaviours:** Group discussion, debating, decision making, collaboration

Food type	How does it help?	When do we need it in sport?	Where do we get it?
<p>Carbohydrates</p> 	<p>Provides quick energy. 60% of our diet should comprise 'carbs'.</p>	<p>Running. Athletes in training will eat more 'carbs'. Marathon runners will 'load' before the event.</p>	<p>Pasta, cereals and potatoes</p>
<p>Fats NB Unsaturated fats are healthy. Too much saturated fat from animal products can lead to heart disease.</p>	<p>Provides slow energy. 25% of our diet should be fat.</p>	<p>Walking and low impact exercise - it produces energy too slowly to be used when working hard.</p>	<p>Oils, dairy products, nuts and fish</p> 

Food type	How does it help?	When do we need it in sport?	Where do we get it?
<p data-bbox="222 354 369 391">Protein</p> 	<p data-bbox="523 275 894 479">Builds and repairs muscle. We only need 15% of our diet to be protein.</p>	<p data-bbox="948 275 1406 532">When training hard and recovering from injury. 'Power' athletes such as weight lifters will eat more protein.</p>	<p data-bbox="1460 329 1808 422">Meat, pulses and fish</p>
<p data-bbox="208 611 382 648">Vitamins</p>  <p data-bbox="102 882 452 1350">Eg:  <b>A</b> - for vision  <b>B</b> - for energy production and stress reduction  <b>C</b> - to keep skin healthy  <b>D</b> - to help bones and teeth</p>	<p data-bbox="523 911 832 1053">Helps the body work. Helps concentration.</p>	<p data-bbox="948 936 1387 1029">Staying calm, making quick decisions</p>	<p data-bbox="1460 936 1754 1029">Fresh fruit and vegetables</p>

Food type	How does it help?	When do we need it in sport?	Where do we get it?
<p data-bbox="189 254 372 297">Minerals</p>  <p data-bbox="69 539 465 925"><u>Eg:</u> Calcium - to strengthen bones Iodine - for energy production Iron - prevents fatigue</p>	<p data-bbox="527 482 904 696">Helps release energy from food. Helps decision making</p>	<p data-bbox="998 539 1412 639">When training hard and competing</p>	<p data-bbox="1454 539 1818 639">Fruit, vegetables and fish</p>
<p data-bbox="227 1139 334 1182">Fibre</p> 	<p data-bbox="527 1082 929 1239">Can't be digested. Fills you up and keeps you 'regular'</p>	<p data-bbox="998 1025 1408 1296">Healthy digestion, (no constipation) helps in sport. Also helps with weight control.</p>	<p data-bbox="1454 1082 1856 1239">Fresh fruit, vegetables and wholegrain cereals</p>

Food type	How does it help?	When do we need it in sport?	Where do we get it?
<p data-bbox="216 676 349 718">Water</p> 	<p data-bbox="527 829 838 929">Maintains fluid levels</p>	<p data-bbox="998 801 1379 962">Whenever you sweat. It prevents dehydration</p>	<p data-bbox="1454 801 1862 958">The tap! It's all you need most of the time.</p>

# The 7 Food Groups Needed For a Balanced Diet

1. **Carbohydrates**

2. **Fibre**

3. **Fats**

4. **Protein**

5. **Minerals**

6. **Water**

7. **Vitamins**

We all need a balance diet to maintain good health.


Each of the 7 food groups help to provide the different things we need in order to stay healthy.

## Your Task:

Create a colourful poster showing food groups that contribute towards a healthy diet.

## You need to include:

1. The job the food groups do.
2. Say why they are needed.
3. How much of our diet should be made up of them?
4. The different types of foods you can find them in.



Remember to include pictures in your poster.