



### Lesson Sequence



1. Describe the needs of animals for survival



2. Describe the needs of humans for survival



3. Explore the importance of eating the right food



4. Describe what a healthy, balanced diet looks like



5. Investigate the impact of exercise on our bodies



6. Investigate hygiene

### Precooked Food



### Processed Food



### Fresh Food



### Frozen Food



### Tinned Food



Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	<b>3.0g</b>	<b>1.3g</b>	<b>34g</b>	<b>0.9g</b>
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

### Daily Needs of a Human

a place to live

food

water

air

sleep

hygiene



exercise

### Food Pyramid



Fats and Oils

Meat and Fish

Milk, Cheese and Dairy

Fruit and Vegetables

Bread and Cereal



Draw or write examples of the different types of food.

Precooked Food



Processed Food



Fresh Food



Frozen Food



Tinned Food



What fives things does a human need to survive?

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



What can you do to keep yourself clean?

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\_\_\_\_\_

\_\_\_\_\_

Label the foods found in the layers of the food pyramid.



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