

Science - Year 3

Animals incl. Humans – Summer

Keeping Healthy

Session 2

PowerPoint

There are 5 main types of food in our diet.



Carbohydrates

Dairy foods



Proteins



Fruit and Vegetables



Sugars and Fats

Let's find out a bit more about each type of food and what it does in our body



Carbohydrates



This food group includes bread, potatoes, rice, and pasta. They are the starchy foods that help us feel full after a meal.

Carbohydrates give us energy. They release their energy slowly so they keep us going a long time before we feel hungry again.

Fruit and Vegetables

We already know that we should eat plenty of these!

What is the minimum number of portions a day to be healthy?

5



But experts agree that ideally we should eat even more. Why?

Fruit and vegetables are packed with vitamins to keep our bodies working well and to help fight off colds and other illnesses. They are also full of fibre. What is fibre?

Fibre is the plant material that passes right through your body and out the other end! It gives bulk to your poo, keeping it soft and easy to pass. It keeps your bowel healthy.

Dairy Foods

Dairy foods are made from milk and include cheese, yogurt and cream. These foods are rich in a mineral called calcium which will give you strong bones and teeth.



Some people are not able to digest dairy foods or they can be allergic to them so there are many alternative products like this soya milk.

Some dairy foods like cream and cheese can contain a lot of fat.

Protein rich foods

These include meat, fish, eggs, nuts, beans, chickpeas and lentils.



Protein is an essential part of our diet as it is necessary for our bodies to grow and to repair themselves after an injury. Athletes need to eat plenty of protein to build up strong muscles.



Fats and Sugars

We already know we should limit the amount of sugar we eat each day. What is the recommended daily amount?

No more than 6 teaspoons a day for children and 7 for adults!

But why is too much sugar bad for us?

- It causes tooth decay
- It gives us a quick short burst of energy that soon leaves us feeling tired and flat again
- Extra sugar that we don't burn off with exercise can be stored as fat
- Over time it can cause a disease called diabetes

What about fats?

Fats are found in both animal products and plants. Animal fats include those in meat and dairy foods like cheese, milk, butter and ice cream. These fats should only be eaten in small quantities, as too much can lead to weight gain, heart disease and other health problems.



Many treat foods are fried in fat, so eating them often can mean you put on weight.



Fat is a high energy food. If we eat more than we need, our body stores it.



Let's recap on what we know

Which foods help our bodies to repair themselves after an injury and help muscles to grow?

These foods are rich in ...

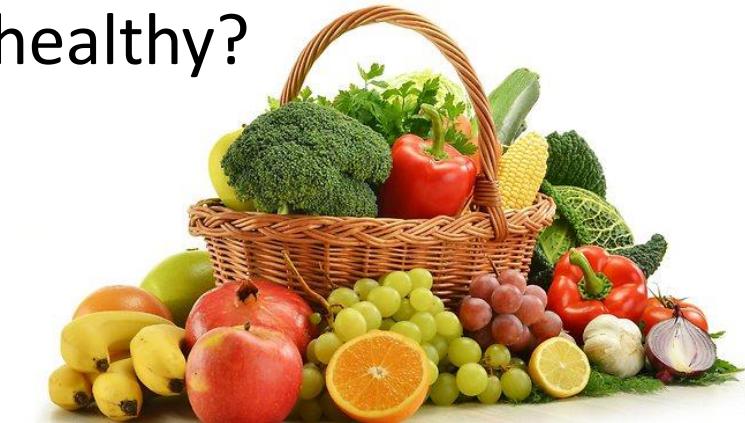
Protein



Which foods give us steady energy and keep us feeling full?

These foods are called ...

Which foods are packed with vitamins that help us fight germs and stay healthy?



Carbohydrates

Which foods contain calcium to give us strong bones and teeth?

This group is called ...

Dairy foods



Which group of foods can cause health problems like weight gain, diabetes and heart disease if we eat too much?

This group is called ...

Sugars and fats

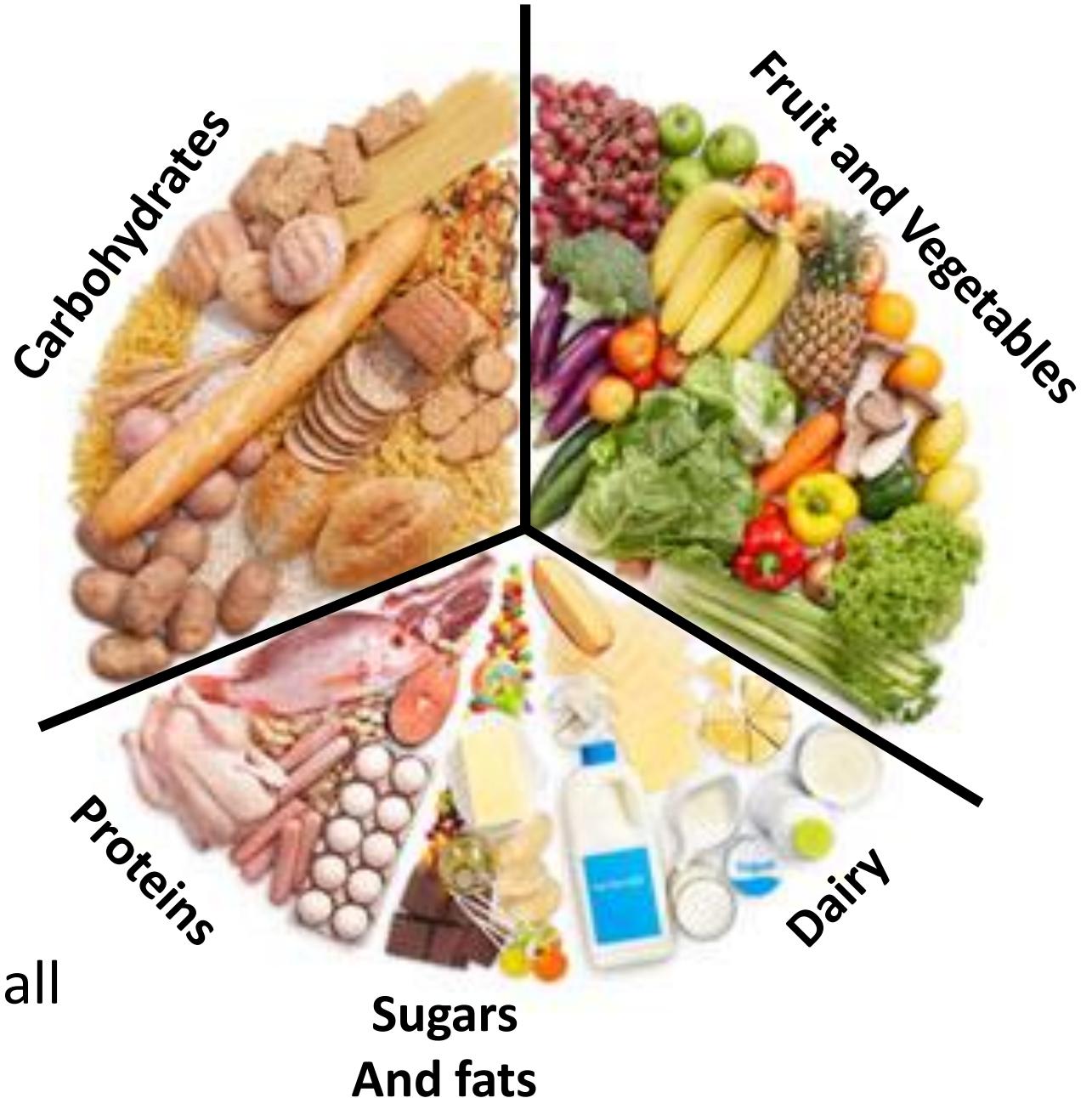


What is a balanced diet?

Imagine everything you eat divided into 3 equal groups

- One third should be carbohydrates
- One third should be fruit and vegetables
- One third should be proteins, dairy, fats and sugars combined

Sugars and fats should be a very small proportion of a balanced diet



The Eatwell Plate



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

This is a simple idea to help us know what proportion of each group of foods we should eat to stay healthy. It is called The Eatwell Plate.

It would be good for each team of researchers to create an Eatwell Plate for their client. You will be able to use it to teach your client the importance of eating a healthy, balanced diet.

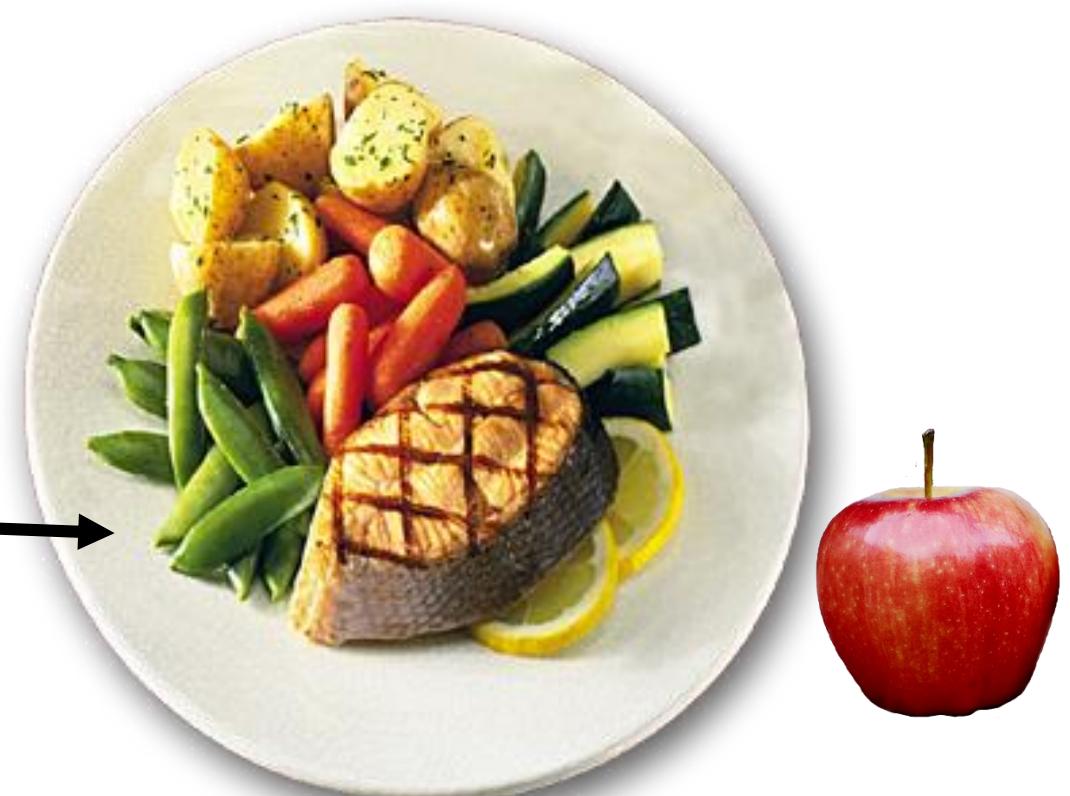


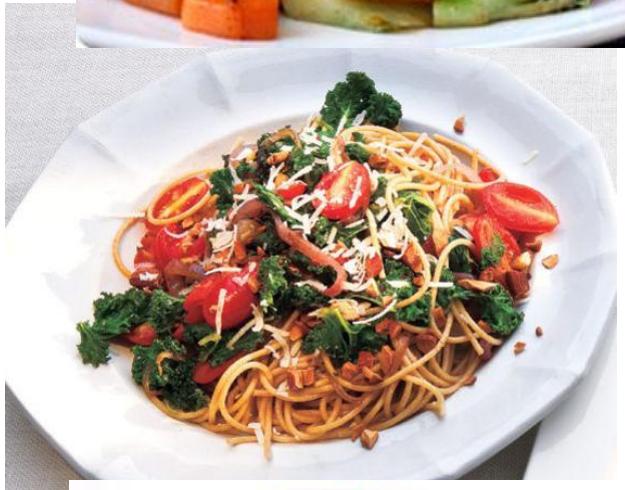
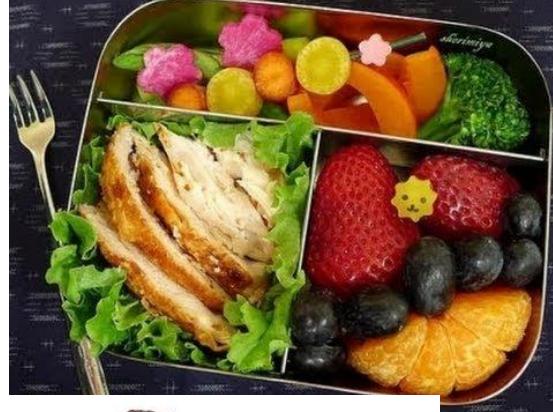
A balanced diet is made of many meals. Not every meal needs to have the exact recommended proportions of each food group, if overall each day you get the balance right.

Which food groups can you see in this meal?
Which groups are missing?



Remember sugars and fats are treat foods so missing them out of a meal will not hurt!





Which of these meals could form part of a healthy balanced diet?

Which could not?

Why?