

Healthy Eating





Aim

- I can identify healthy and unhealthy food, and say how much of them I should eat.

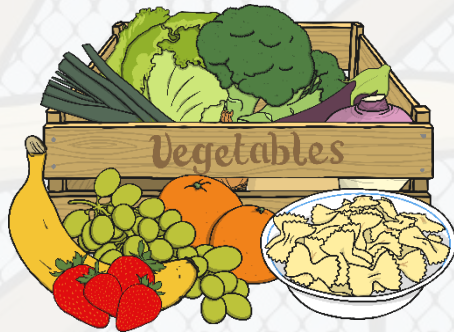
Success Criteria

- I can say which foods are healthy and which are less healthy.

Basic Needs



Humans and other animals need certain things to keep alive. These are called basic needs. Can you remember what they are?



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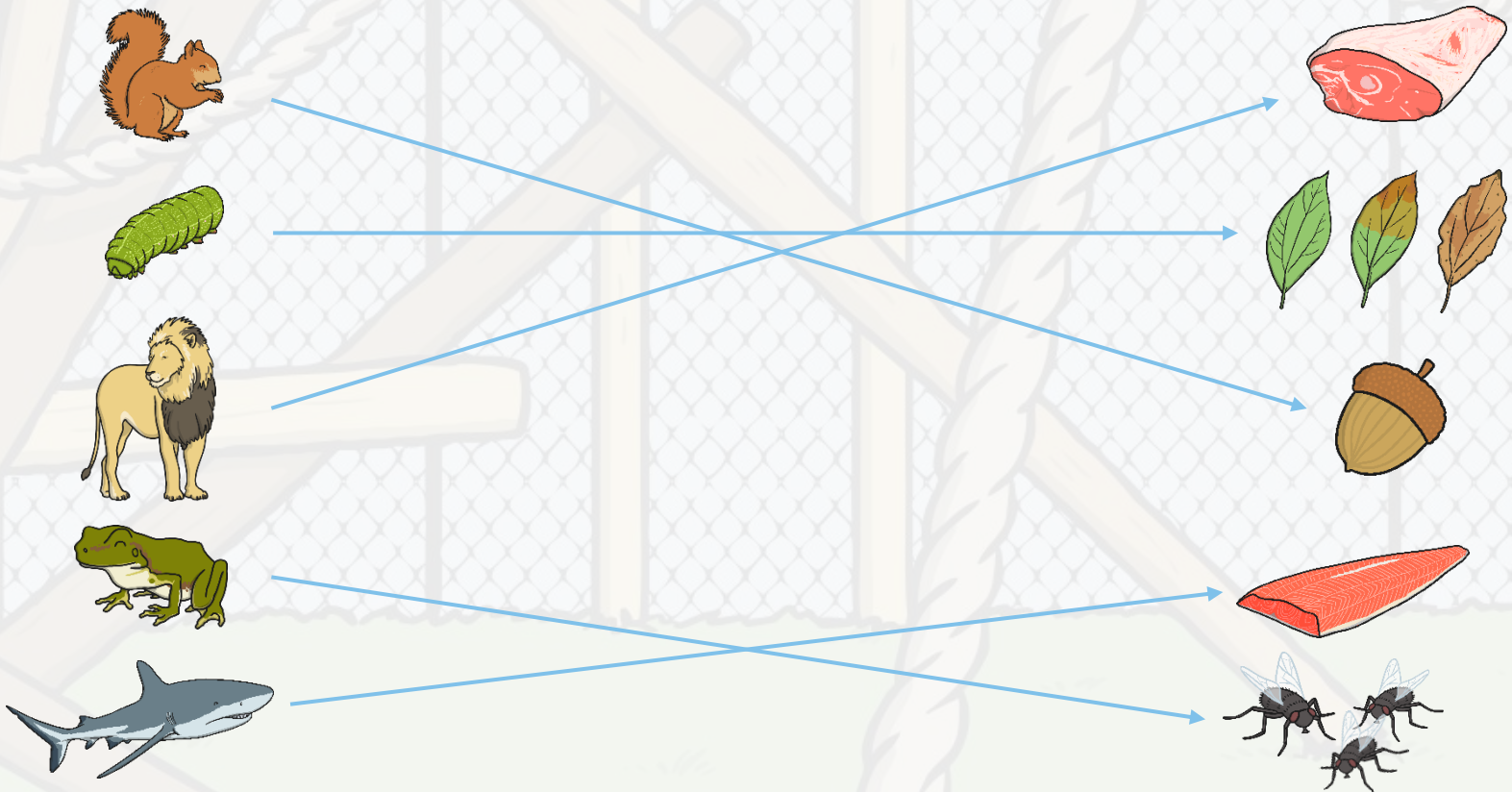


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Basic Needs



All animals need particular kinds of food to keep them healthy and strong. Can you match the food to the animal that eats it?



Basic Needs

Some animals only need to eat one kind of food.



Koalas only eat the leaves of the eucalyptus tree.

Panda bears only eat bamboo.



Other animals need to eat lots of different kinds of food to stay healthy.



Black bears eat roots, leaves, fruit, nuts, insects, eggs, meat, fish and honey.

What about humans?

Basic Needs

Humans need to eat lots of different kinds of food to stay healthy. We call this 'a balanced diet'.



Lettuce



Wheat



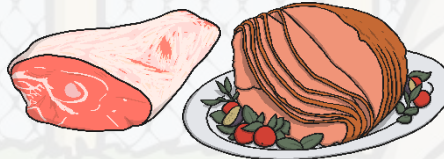
Fruit



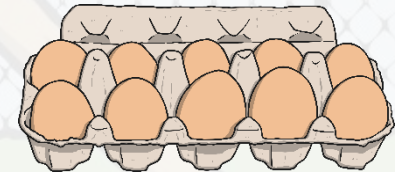
Milk



Fish



Meat



Eggs

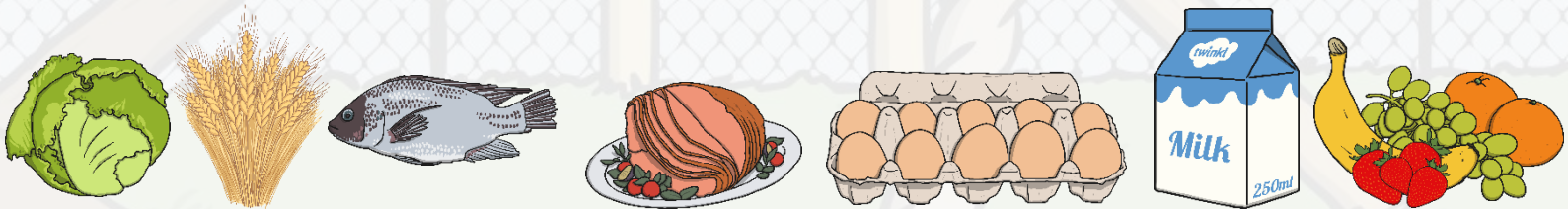
Lots, Some or Only a Little?

We need to eat a balanced diet because different kinds of food, do different jobs in our bodies.

Some kinds of food are very good for us. We can eat as much of these as we like.

Some of the foods we eat are good for us, but only if we don't eat too much.

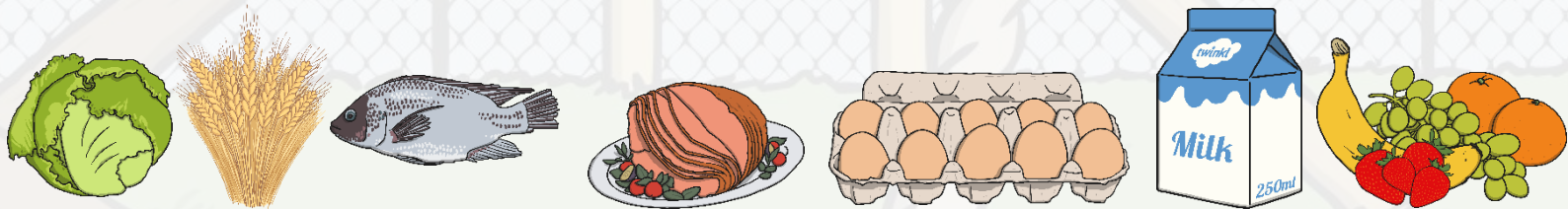
Some of the foods are not good for us. It is fine to eat a small amount of these foods, but if we eat too much it could make us less healthy.



Special Diets

Humans do not have to eat meat in order to survive. In fact, many people choose to exclude meat from their diet altogether. They can still eat a balanced diet because they can get their protein from other foods such as eggs, nuts and oats.

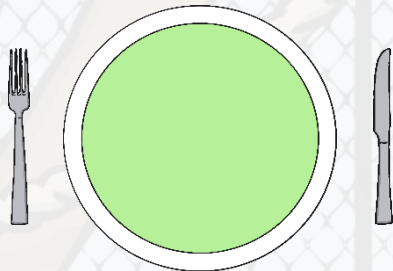
Some people have an allergy or an intolerance to foods such as dairy. This means that they need to exclude it from their diet. They can get calcium from other foods such as seeds, leafy greens and beans.



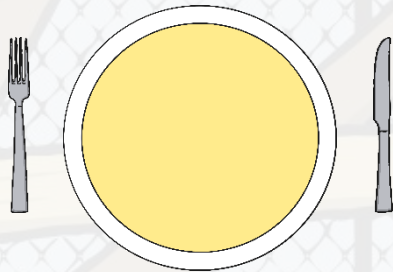
Lots, Some or Only a Little?



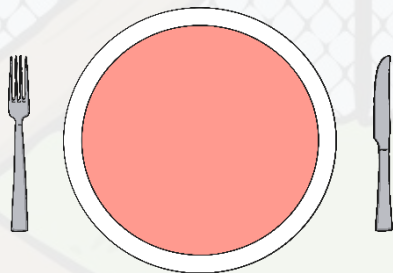
Sort the foods onto the different plates, depending on how much of them you should eat.



I should eat lots of these foods (at every meal).



I should eat these foods sometimes (a few times a day).



I should only eat a little bit of these foods (only as a treat).

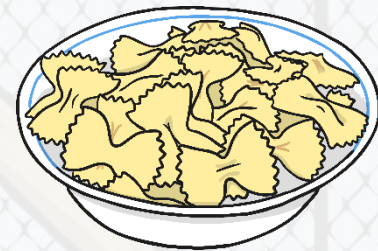
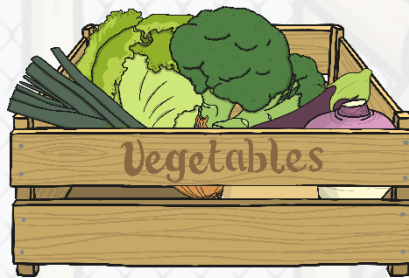
Lots, Some or Only a Little?

Lots

Fruit and vegetables.

Starchy food like bread, pasta and potatoes.

Eat these at every meal and for snacks.



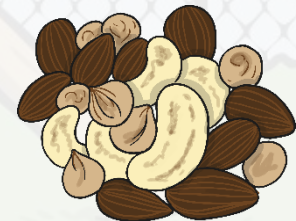
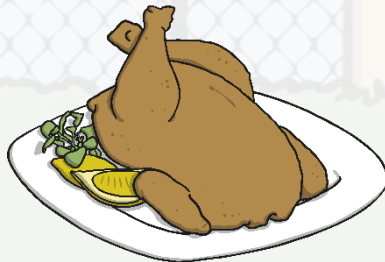
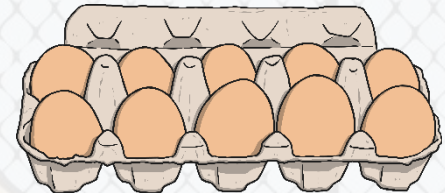
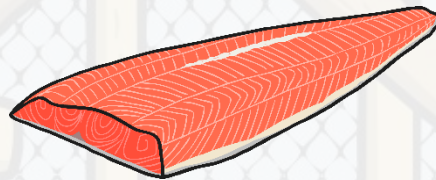
Lots, Some or Only a Little?

Some

High protein foods like meat, fish, beans, eggs and nuts.

Dairy foods like cheese, milk and yogurt.

Eat these two or three times a day.



Lots, Some or Only a Little?

Only a little

Food that is high in sugar or fat.

Eat food like this no more than once a day.



