

# YEAR 3 — LESSON 1



## Food Nutrition

To understand the purpose of fruits and vegetables in our diet.

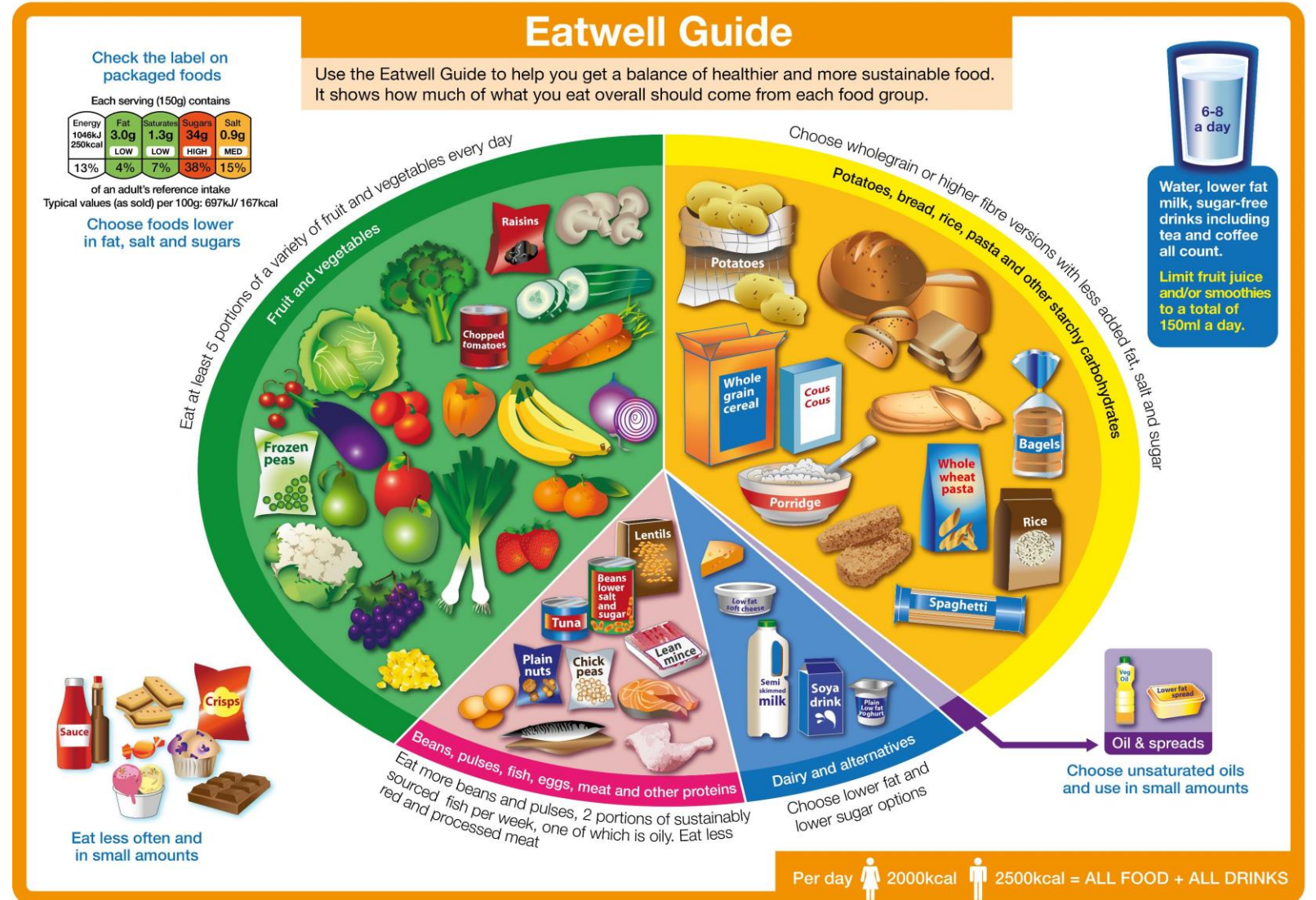
To know the names of the five main food groups and the nutrient they're high in.



# THE EATWELL GUIDE...

The Eatwell Guide shows us the different food groups and how much of each we should eat every day. This is called a balanced diet!

Each food group is high in different nutrients.



# CHALLENGE

Over the next few slides, we will look at each food group more closely.

Decide with a partner, which nutrients each food group is high in!

There are seven main nutrients in the human diet:

Vitamins

Fat

Carbohydrates

Water

Fibre

Minerals (Iron/Calcium/etc)

Protein





Dairy products and other alternatives are high in?

Protein and Minerals such as Calcium!

These foods are good for building strong bones and teeth.

Which nutrient is this food group high in?

Proteins.

These foods help to build and repair muscles as well as being important in making blood cells!





What do you believe breads and pastas are high in?

They are high in carbohydrates. Carbohydrates are foods that are high in energy! As you can see, we need quite a lot of these every day!



Which nutrients do you think are found in fruits and vegetables (in a high amount?)

In fruits and vegetables we can find a variety of vitamins as well as fibre. Fibre is good for helping our digestive system, whereas the vitamins help our immune system! We also find some natural sugars in fruit which give our bodies a small amount of energy!





The final section is this purple one. Looking at the picture, what would you say this group is high in?

The final group is high in fats!

We need some fat in the diet but not too much as it can be bad for us. Equally a small amount is a necessity as it helps our bodies to take in healthy vitamins such as A, C and D.



One final group of foods that was once found as part of the Eatwell guide is Fats and Sugars. As it says here, you can eat these in small amounts but they are no longer part of the guide as it has been found that they give us no benefit from eating them! So eat only as a treat!



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



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