

YEAR 6 — LESSON 1



CLASSROOM
KITCHEN

Food Nutrition

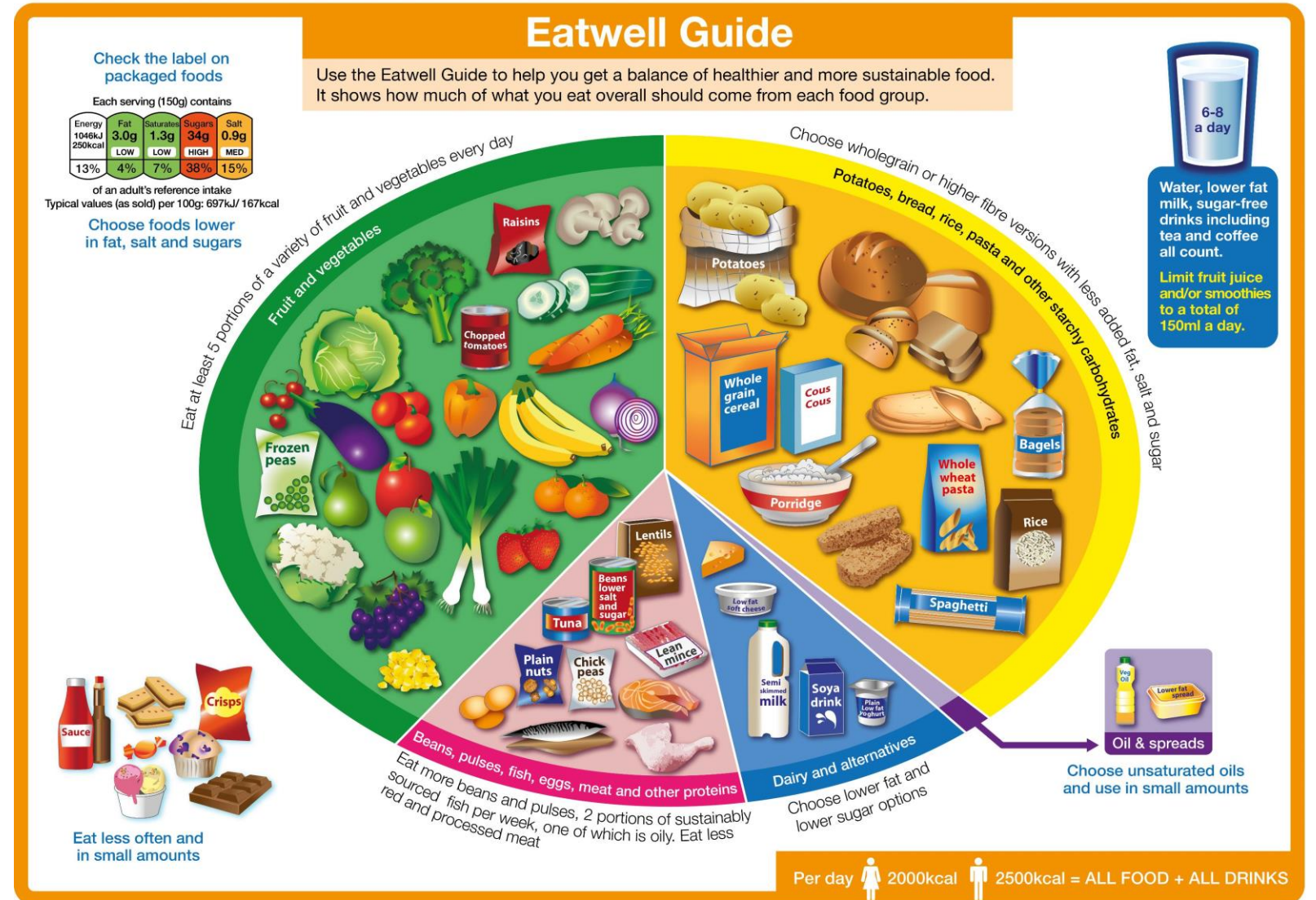
Review of previous learning to solidify understanding (food groups, balanced diet etc).



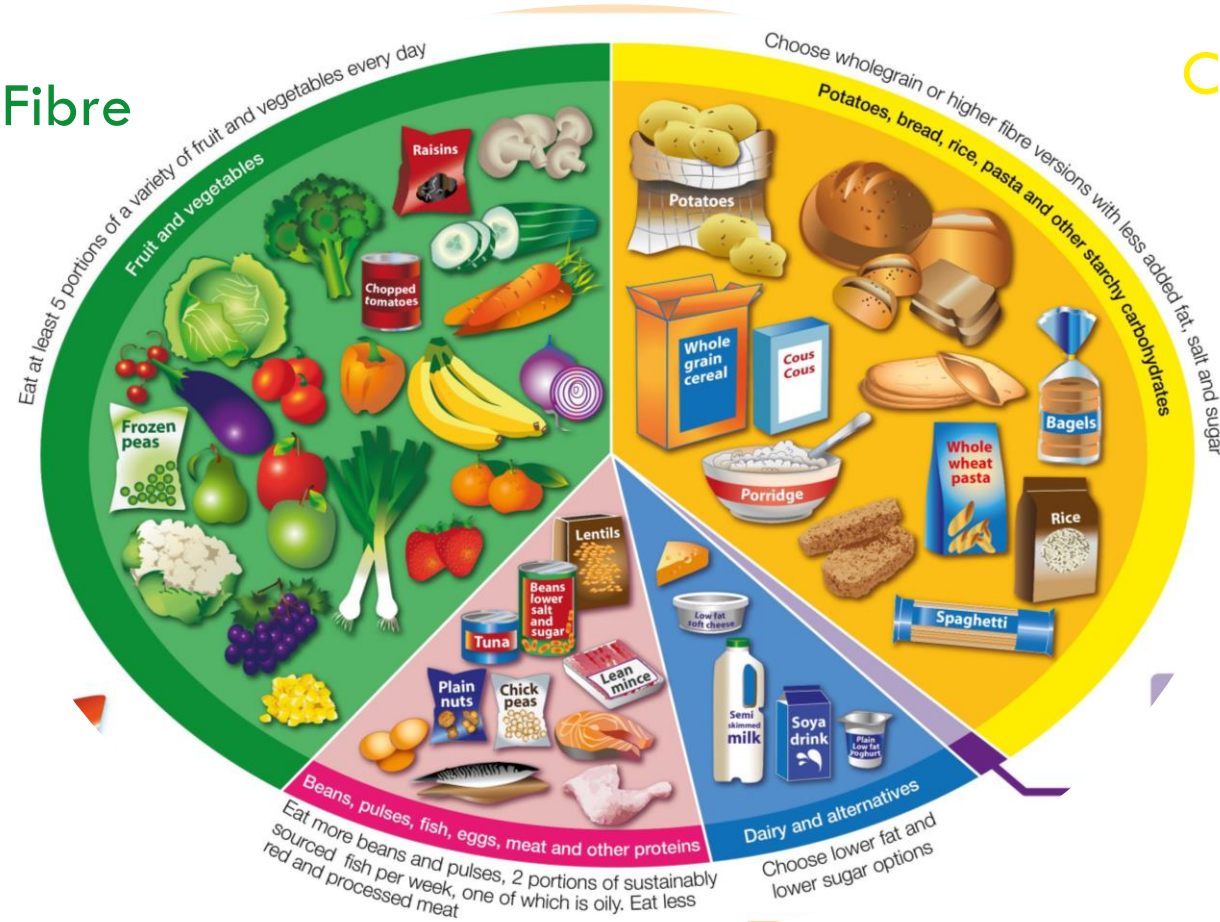
THE EATWELL GUIDE...

Can you remember the nutrients that each food group is high in?

Discuss in pairs, the answers are on the next slide!



Vitamins and Fibre



Carbohydrates

Dietary Fats

Protein

Protein and Minerals such as Calcium

CHALLENGE

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

Decide with a partner, think about which nutrients the food groups are high in and how those nutrients are helpful in our body.

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!



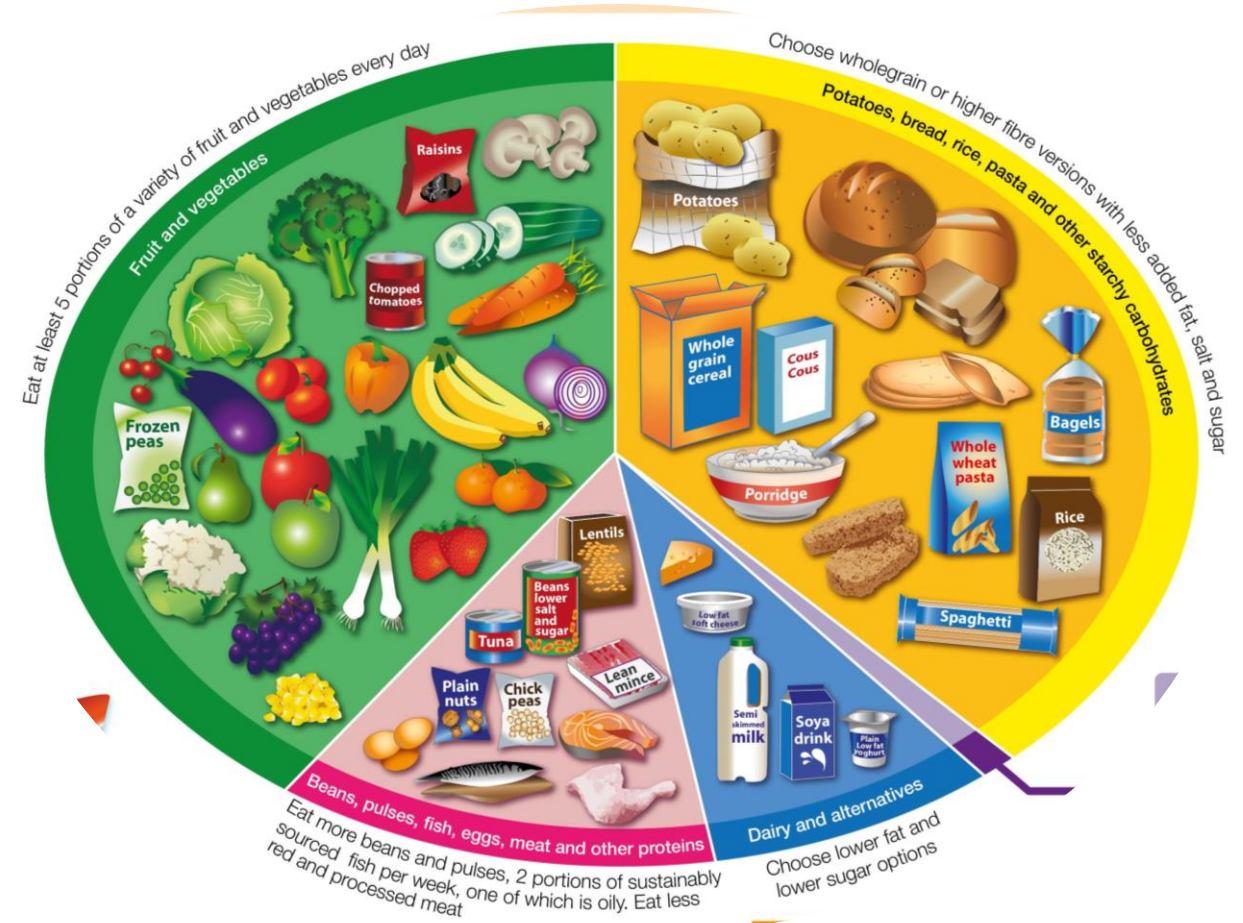
Source: Public Health England in association with the Welsh Government, Food Standards Scotland and

WHY DO WE NEED TO EAT MORE OF SOME FOOD GROUPS?

Some food groups represent larger parts of our diet but why do you think we need more of these?

Fruit and Vegetables contain loads of healthy vitamins that are important in keeping us well. They're also low in calories which means we can eat more of these in a day.

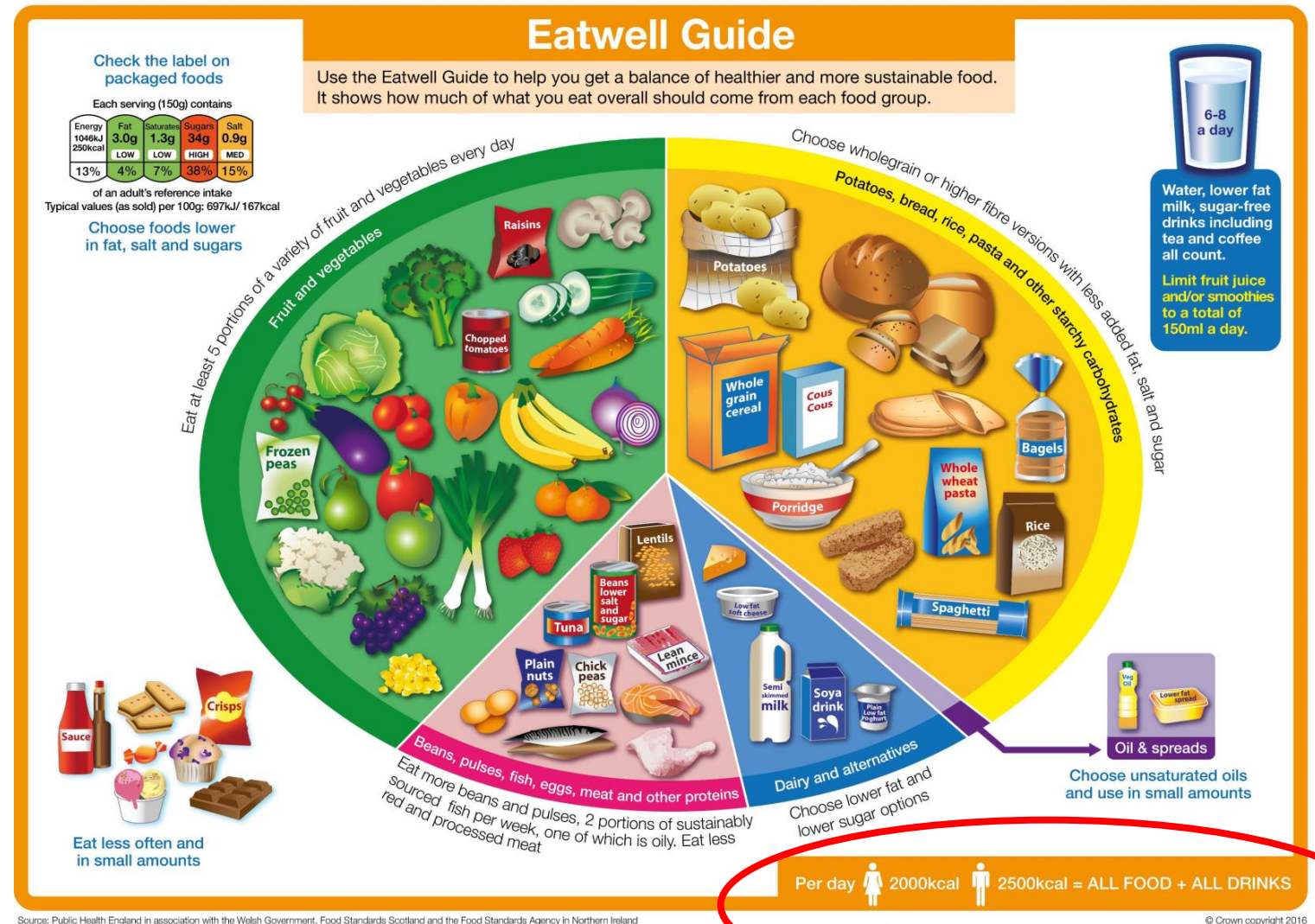
Carbohydrates are our best source of energy and we need energy to function healthily!



THE EATWELL GUIDE...

The Eatwell Guide importantly shows us the balance of nutrients that we need every day!

Unfortunately, it doesn't show how much food in total we can eat everyday but it does tell us how many calories the average an adult should eat every day.



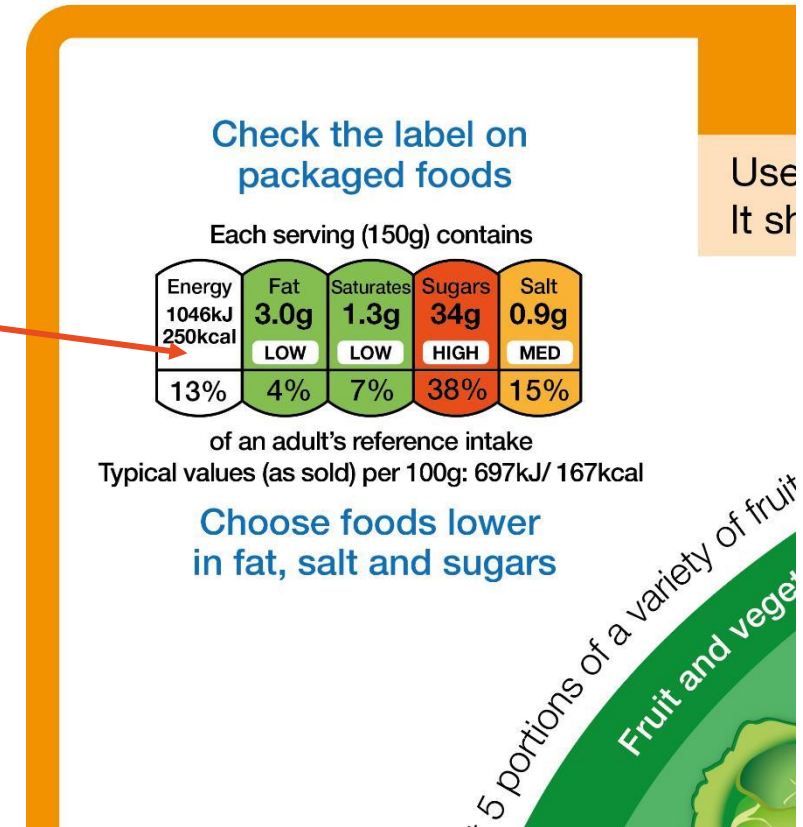
WHAT ARE CALORIES?

Calories are the amount of energy you get from a food item!

We should only eat the amount of calories that our body burns everyday! For an adult female, the average is 2000 calories a day and for a male 2500.

Lots of things can affect how many calories (how much energy) your body burns everyday:

- Your body shape
- Your height
- How active you are





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