

ACTIVITY 3 HOW DOES FOOD HELP THE BODY?

In the last lesson we learned how there are different kinds of food and about a balanced diet. This lesson looks at grouping different foods based on what they do for our bodies.

STARTER

Why do we need to eat food? Try to come up with as many reasons as you can.



Why eat?!

INFO

Introducing the different food groups

These different food groups are based on the different chemicals they are made from. The different chemicals help our bodies in different ways.

Carbohydrate	Carbohydrates come mainly from foods like bread, rice and pasta. They can also be found in vegetables, fruit and sugary foods.
Fat	Fats come from foods like butter, cheese and nuts, as well as different kinds of oils.
Protein	Proteins come from meat and fish as well as cheese, eggs and lentils.
Fibre	Fibre comes from fruit and vegetables, as well as granary bread and brown rice.

Q1

Can you complete the first column of this table? Then we are going to see a video from Sarah about how these different food groups help us.

Food Group	Example of food	How they help the body
Carbohydrate		
Fat		
Protein	<i>Sausage</i>	
Fibre		

Q2

Watch the video clip again. Which two food groups do you think Sarah needs to eat most of? Why do think this is?

1. I think that Sarah needs to eat a lot of _____, because

2.

Q3

Vitamins and Minerals

As well as the four main food groups, there are two other important groups - vitamins and minerals. Can you sort the different lists of vitamins and minerals, their jobs and where you might find them?

1. Which vitamin can you find in fruits like oranges and lemons?

2. Which mineral is important to strengthen bones?