

W/C 15.06.20

## Science

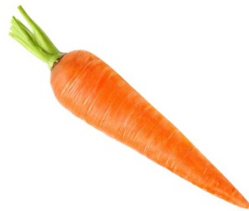
When we looked at MRS GREN last week in science, we discovered that all living things need nutrients. As animals, we get our nutrition from food.

Have you ever thought about where our food comes from?

Look at the pictures below. Where do these food items come from? Tell a grown up what you know about these foods. Do they grow in the ground or on a tree? Do they come from a farm? There may be other foods that you can think of and know where they come from.



apple



carrot



milk.



egg

We have spent time looking at how we can put things into groups or categories. We can do the same with foods. There are five main food groups: Fruit and vegetables, carbohydrates, fats and oils, dairy produce and protein.

The Eatwell Plate shows us the foods which go into each category.

# The Eatwell Plate

To be healthy, nutritious food is needed to provide energy for the body. A variety of food is needed in the diet because different foods contain different substances that are needed to keep you healthy.

An average meal should be made up of one-third carbohydrates and one-third fruit and vegetables, with the remaining one-third split between dairy, protein and a little bit of fat.

## Food Groups

### Fruit and Vegetables

Aim to eat 5 a day! Dried, frozen and tinned fruit and vegetables count as well as fruit juices. Important as sources of vitamins and minerals which reduce your risk of disease and keep you healthy. Limit fruit juice and/or smoothies to 150ml a day.

### Meat, Fish, Eggs, Beans and Other Non-Dairy Sources of Protein

These are very important for helping us grow and build muscles. Try to eat 2 portions of fish a week, and try to reduce intake of red meat.

### Oil and Spreads

Choose unsaturated oils and use in small amounts.

### Bread, Rice, Potatoes, Pasta and Other Starchy Foods

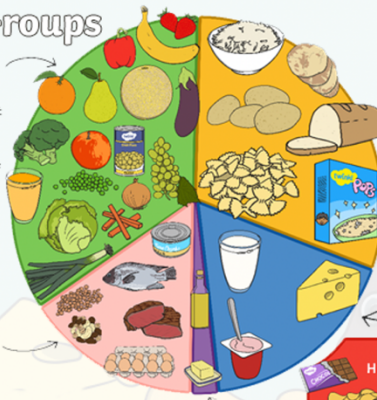
These are important for giving us energy.

### Milk and Dairy Foods

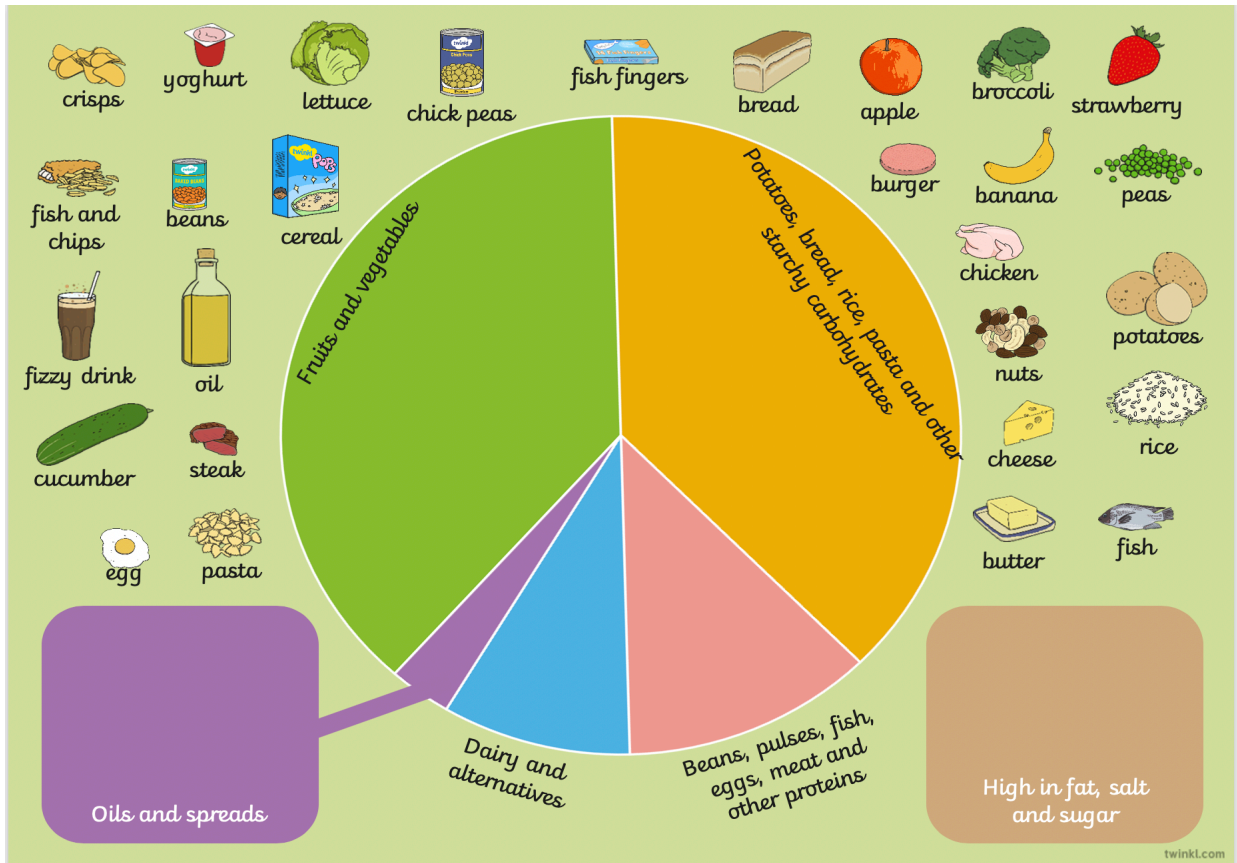
These are important for strong teeth and bones.

### Food and Drinks High in Fat and/or Sugar

Eat less often and in small amounts.



I would like you to look at the Eatwell Plate below. Talk with a grown up about which categories the different foods go in. You will notice that there is a sixth category for foods which are high in fat, salt and sugar. These are foods which we should only have as an occasional treat in order for us to stay healthy. When you look at the chart you will notice that the sections are different sizes. Why do you think this might be?



Can you create your own Eatwell Plate?

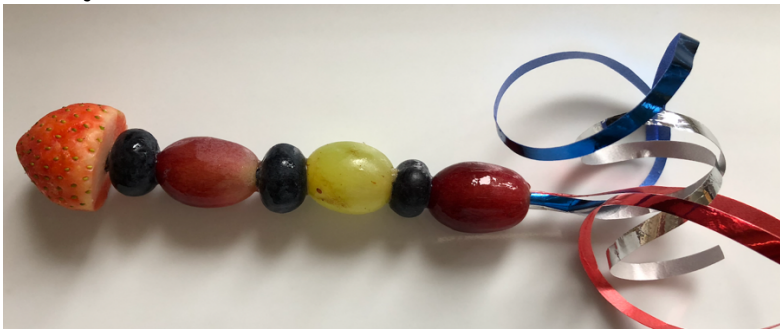
(for this activity you could draw a circle on a piece of paper or use a paper plate)

C1- Draw or stick images in the correct food category. Can you use your phonics knowledge to label the items?

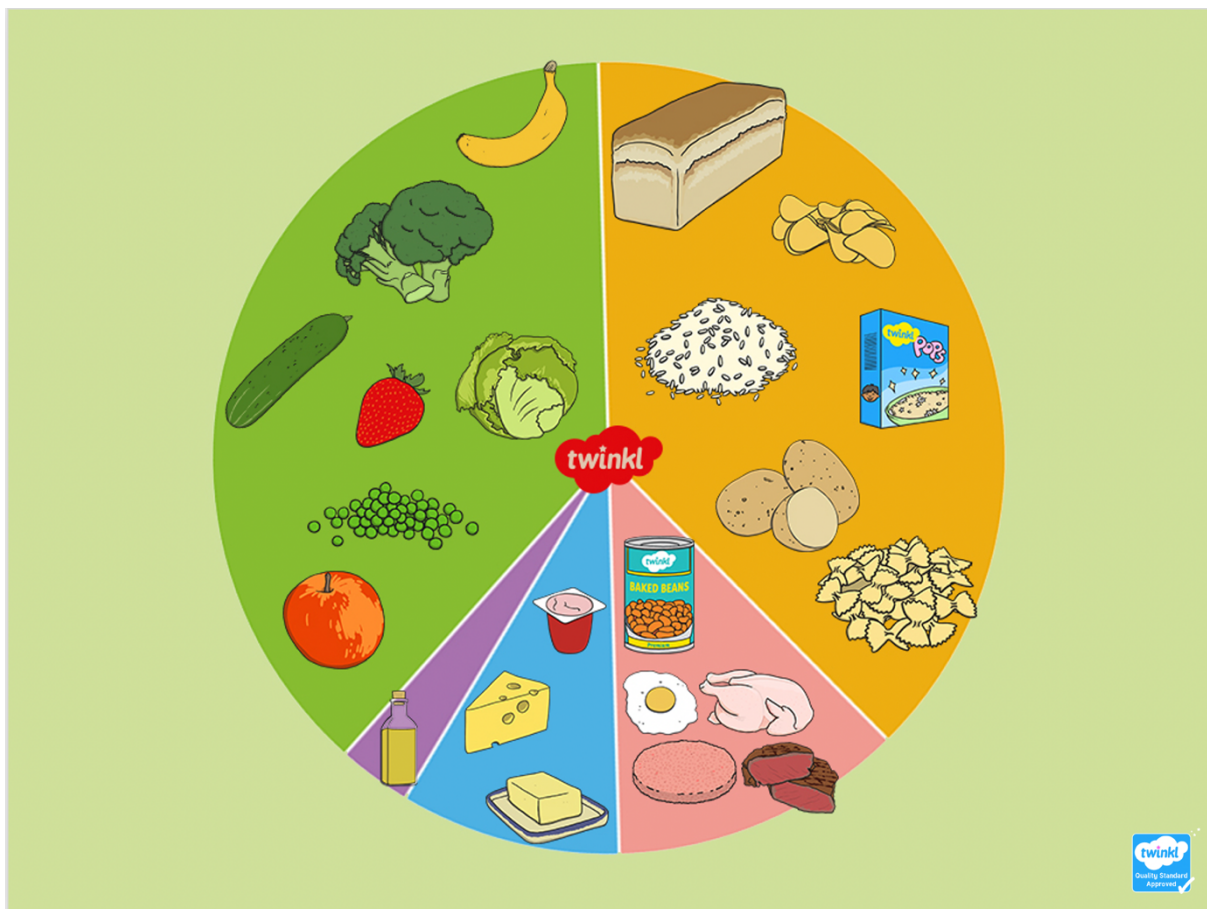
C2- Draw or stick images in the correct food category and label them.

C3- Draw or stick images in the correct food category and label them. Can you tell a grown up where the foods come from?

In order for us to keep healthy, we should aim to eat at least 5 portions of fruit and vegetables a day. I thought it would be fun to create a rainbow fruit kebab. If you have some different fruits at home, you could use these, or you could draw a picture of your design. Think about the different coloured fruits that you could use. You might like to create a pattern with your fruit. I would love to see any pictures of the kebabs that you design or make. Here is a picture of a fruit kebab that I made to look like a firework rocket!



Eatwell Plate answer sheet



High in fats and sugars

Crisps

Fizzy drinks

Fish and chips

