



Lesson 7 Learning Objective

- I can identify animals, including humans, need the right types and amount of nutrition.

Warm up your brain!

Check out the facts you would have learnt in Key Stage 1

<https://www.bbc.co.uk/bitesize/topics/z6882hv/articles/z96vb9q>

The facts you need!

Watch 'Why Animals Need a Healthy Diet.' <https://www.bbc.co.uk/bitesize/clips/z3txpv4>

You could also go over Lesson 3 on the healthy eating and the Eatwell plate and see how the daily intake for adults matches up to this.

Daily reference intakes for adults are:

- Energy: 8,400kJ/2,000kcal.
- Total fat: less than 70g.
- Saturates: less than 20g.
- Carbohydrate: at least 260g.
- Total sugars: 90g.
- Protein: 50g.
- Salt: less than 6g.

Have a look at the table below, do any of the results surprise you? How much sugar have you had today? What about other people in your family? Can you reduce it in any way using the table to help? Can you make suggestions to your family about how to reduce their sugar intake?

How many Teaspoons of Sugar are hidden in the foods we enjoy?

Drinks		Cereals (per serving)	
Small orange juice	3	Corn flakes	1
Small Apple Juice	4	Muesli	2
Small Glass of coke	4	Sweet cereal, e.g. Sugar Puffs	3
Small glass of lemonade	4		
Can of coke	9	Cakes and Snacks	
Can of lemonade	9	Typical chocolate bar	8
Med glass of fruit smoothie	9	Cereal bar	3
Tea and coffee (check the survey for number added)		Flapjack	4
Hot chocolate	6	Muffin	4
Milkshake	8	Cupcake	4
Squash	4	Medium slice of cake	5
		Doughnut	3
		Biscuit, e.g. Oreo	1
Puddings		Spreads per portion	
Ice cream	5	Jam	2
Yogurt	4	Marmalade	2
Fruit salad	5	Honey	3
Fruit tart	4		
Fruit crumble	5	Sweets	
Banoffee Pie	4	Small bag of sweets, e.g. skittles	12
Chocolate pudding	5	Tube of sweets, e.g. Starburst	8
Custard	3		

If you cannot find a food or drink on the list, estimate by finding something that is similar to it.

Your Creative Task...

Create a healthy, nutritional meal and Tweet a photograph. If you can't tweet then send it by e-mail! There are some suggested links below. You can ask your adult to help you search for others,

BBC Good Food <https://www.bbcgoodfood.com/recipes/category/healthy>

Jamie Oliver <https://www.bbcgoodfood.com/recipes/category/healthy>

Our Twitter

