



Science Lesson 3 Learning Objective

- I can describe the different food groups needed for humans to be healthy.

Warm up your brain!

What foods can you name that are healthy to eat? Don't peek below! Hopefully you should already know this from Key Stage 1.

The facts you need!

Ask your adult to help you find these and then watch them.

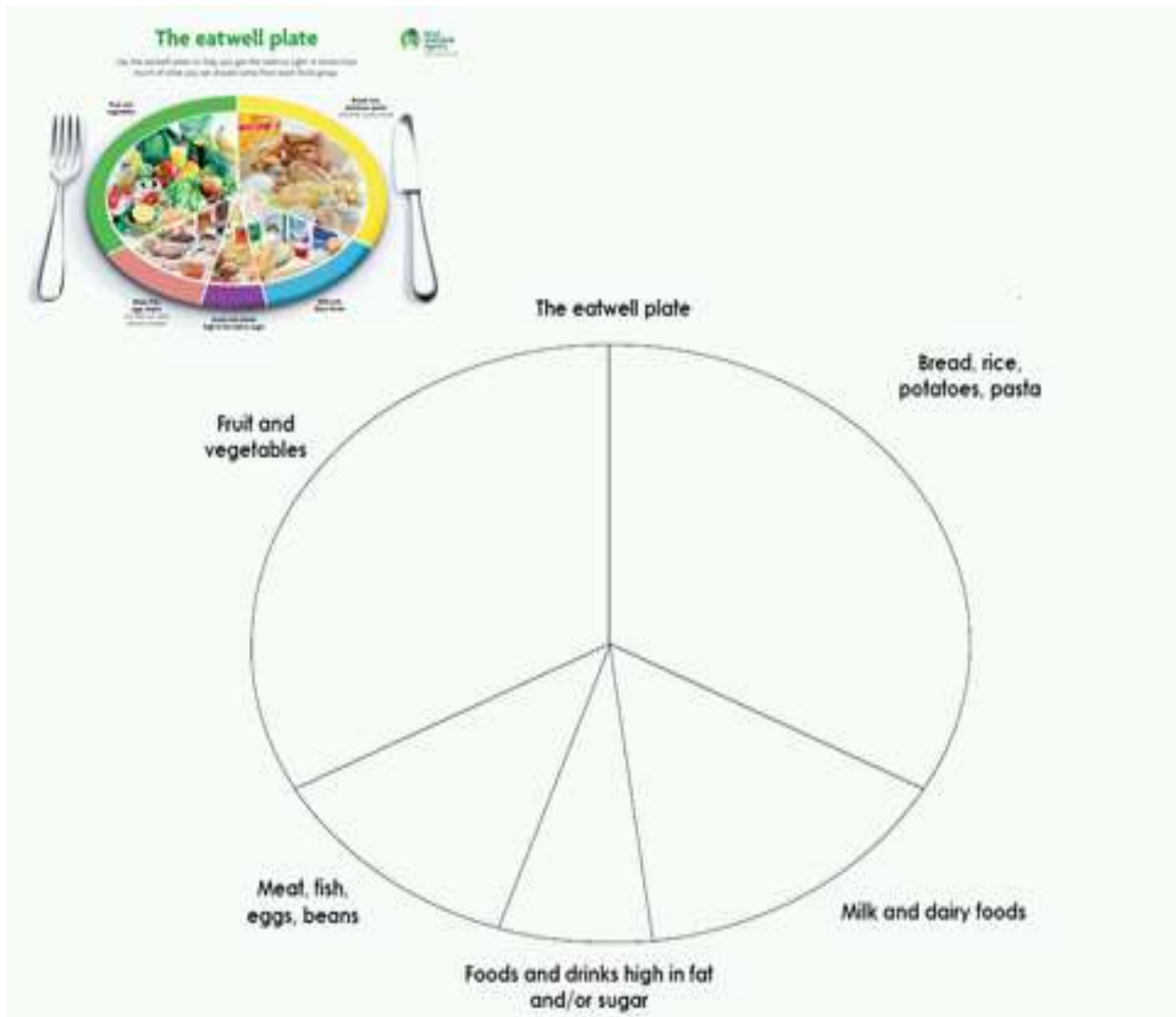
<https://www.bbc.co.uk/bitesize/clips/zytjmp3>

<https://www.youtube.com/watch?v=mMHVEFWNLMc>

https://www.youtube.com/watch?time_continue=166&v=L9ymkJK2QCU&feature=emb_logo

These videos are filled with lots of facts about the different types of food groups. Watch them again and fill in the healthy food groups plate below by drawing the food into the correct section and labelling the food type. Remember to colour your work neatly too.

When you eat a meal now, see how many of the different food groups you can name on your plate! Check and see if you have all the groups in the correct amounts!

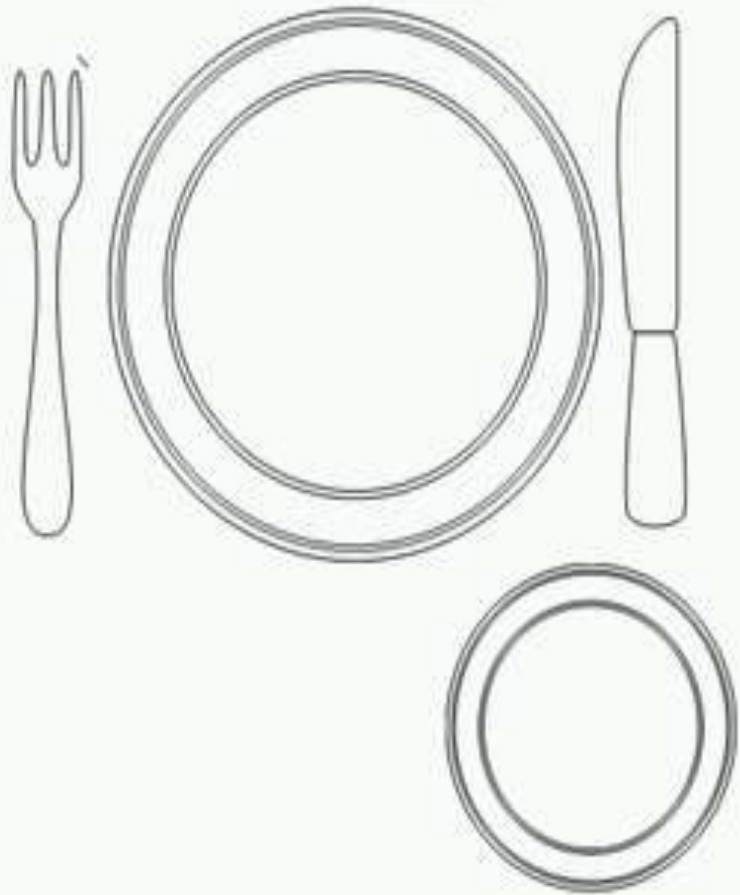


Your Creative Task...

Now you know all about the different food groups can you create a healthy meal, labelling the food types on your plate?

My Meal

Now draw your own balanced meal.



| | |
|--|--|
| Protein (Meat, fish, egg, beans, nuts) | |
| Carbohydrates (potato, pasta, rice, bread) | |
| Fruit and Vegetables | |
| Dairy | |
| Sugary Foods | |
| Foods high in fat | |

Tweet photographs of your finished food groups and healthy meal plates. If you can't tweet then send photographs by e-mail!

[Our Twitter](#)



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**Happy
Creating!**