

DESIGN AND TECHNOLOGY COOKING AND NUTRITION

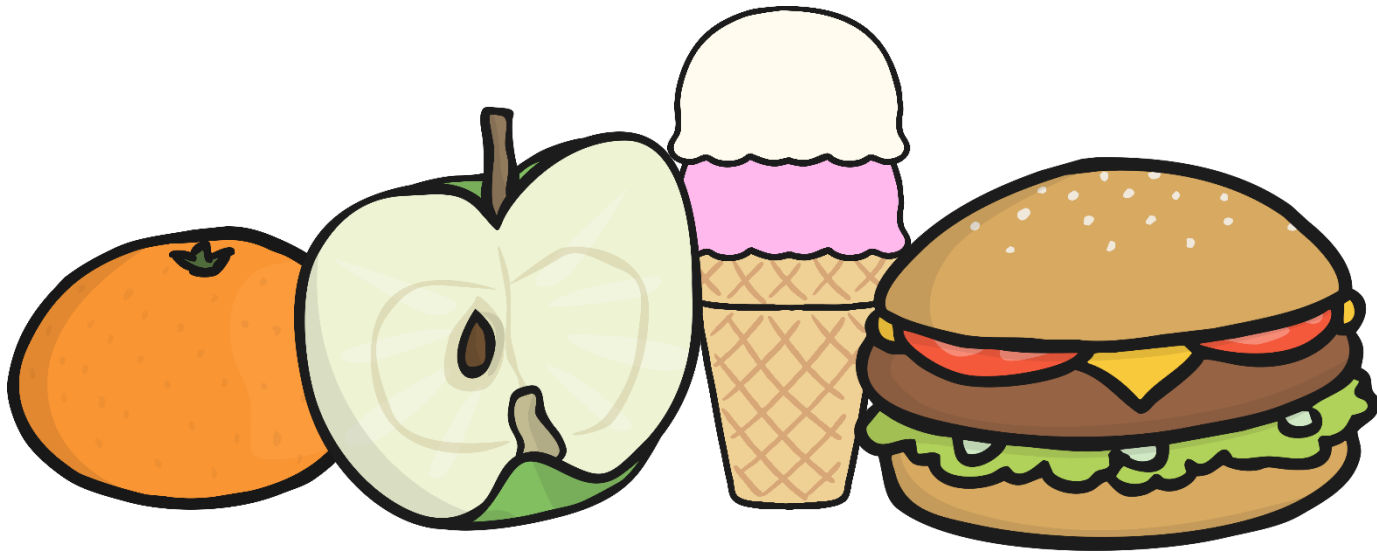
A teaching and task setting PowerPoint about what makes a varied and healthy diet.



LO: To learn about what makes a healthy and varied diet.

STARTER ACTIVITY

What makes a diet healthy?



A HEALTHY AND VARIED DIET

We must all eat a healthy and varied diet in order to stay healthy.

A balanced diet means eating foods from the main food groups:

- carbohydrates
- fats
- proteins
- vitamins
- minerals
- fibre

Water is also very important for our bodies as it keeps us hydrated and helps to purify our bodies.

Exercise must also be part of a healthy lifestyle.

CARBOHYDRATES



How they help our bodies:
They give us energy.

Foods: potatoes, pasta and bread (starchy foods)

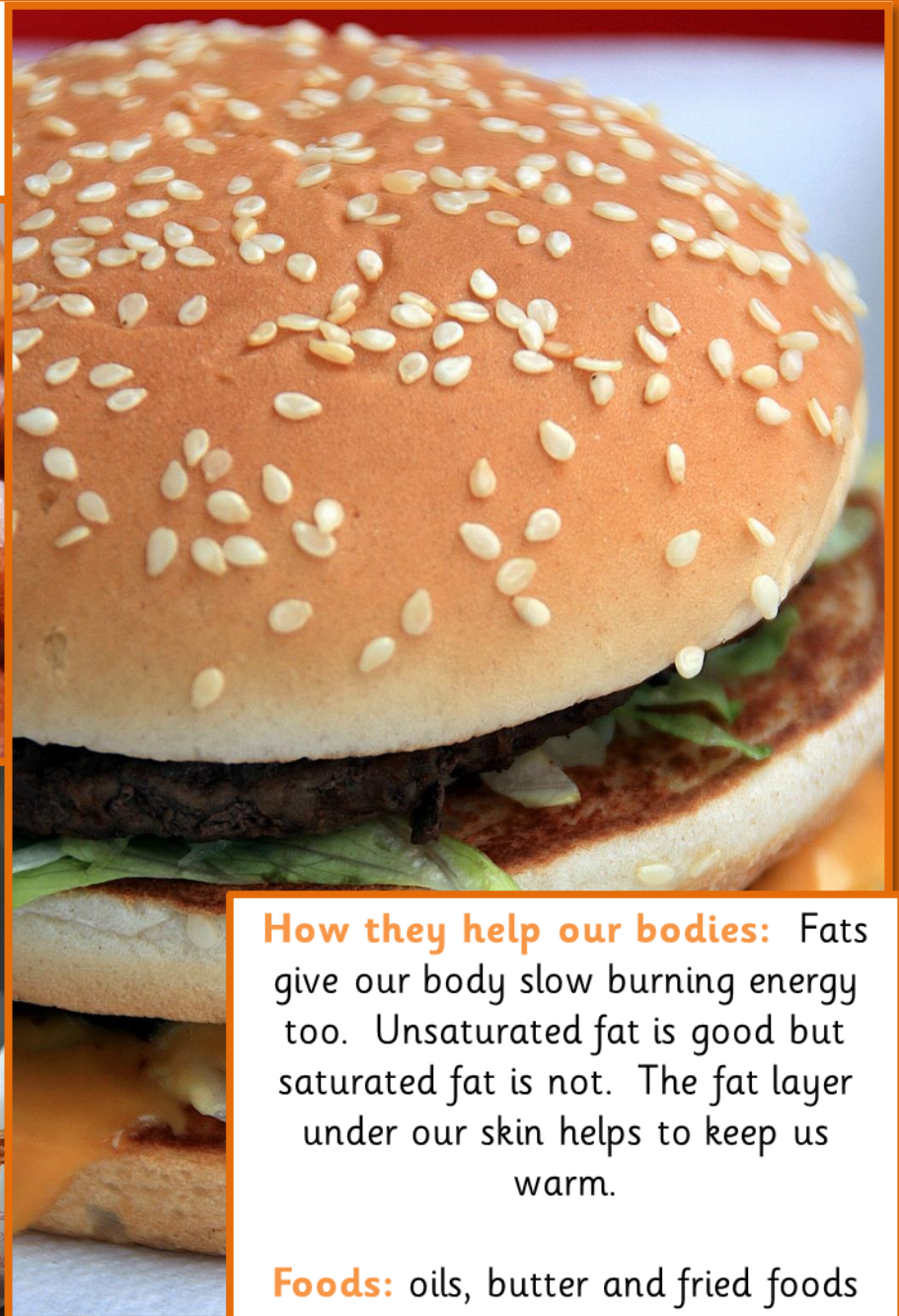
PROTEIN



How they help our bodies:
They help to build and repair muscles.

Foods: meat, fish, nuts and seeds

FATS



How they help our bodies: Fats give our body slow burning energy too. Unsaturated fat is good but saturated fat is not. The fat layer under our skin helps to keep us warm.

Foods: oils, butter and fried foods

VITAMINS



How they help our bodies:

Different vitamins help in different ways, e.g Vitamin B – for energy production and reduced stress.
Vitamin D – for healthy bones.

Foods: depends on the vitamin.
Vitamins are found in a variety of fruit and vegetables.

MINERALS



How they help our bodies: There are different minerals such as iron and calcium which help our bodies in different ways, e.g iron keeps our energy levels up and prevents us from feeling tired.

Foods: depends on the mineral but generally taken from fresh fruit and vegetables

FIBRE



How they help our bodies: They keep you full (which stops you snacking). They also make sure you go to the toilet regularly!

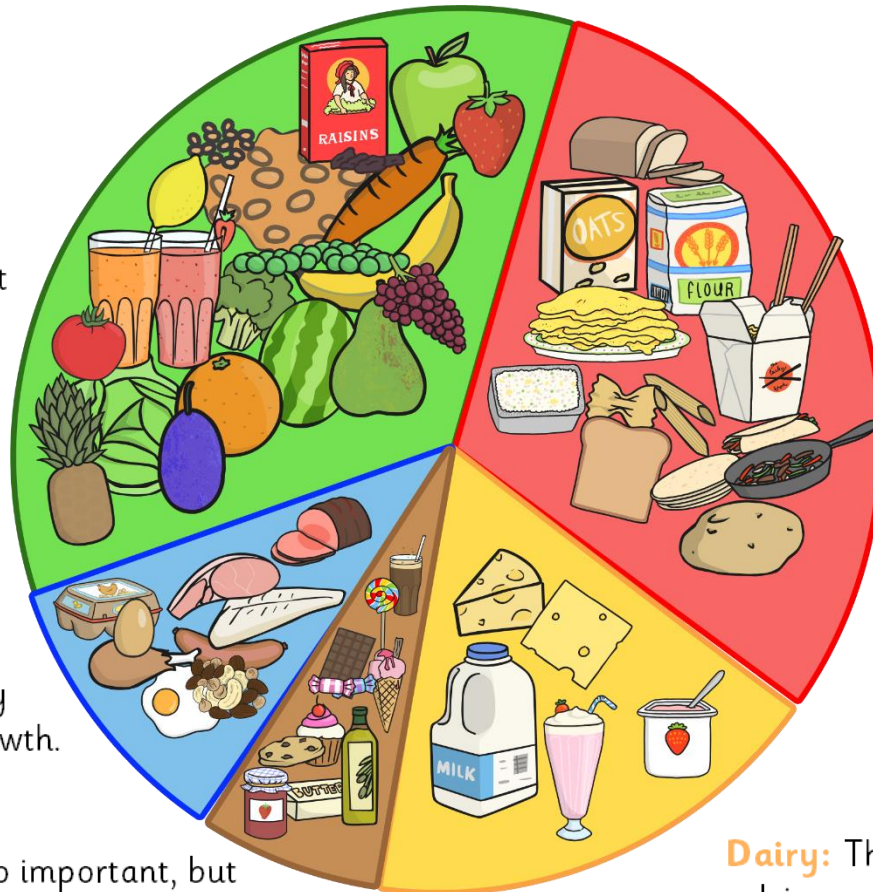
Foods: wholegrain cereals, broccoli, beans.

A BALANCED PLATE

The balanced plate shows us how much of each food group we should be consuming daily.

Fruit and Vegetables:

Aim to eat 5 a day! Dried, frozen and tinned fruit and vegetables count, as well as fruit juice and smoothies.



Carbohydrates:

These foods are the body's main source of energy, so take up a huge portion of our diets.

Proteins: These are very important for muscle growth.

Fats: Fats are also important, but should only be eaten in small quantities.

Dairy: These foods contain calcium, which is important for teeth and bones.

PLENARY

What does the phrase '5 a day' mean?

THE END