



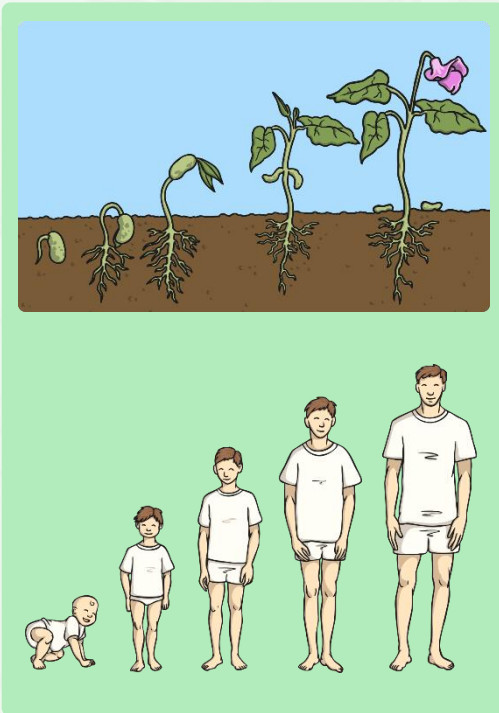
Types of Nutrition

Living Things and Food



Why do living things need food?

To grow



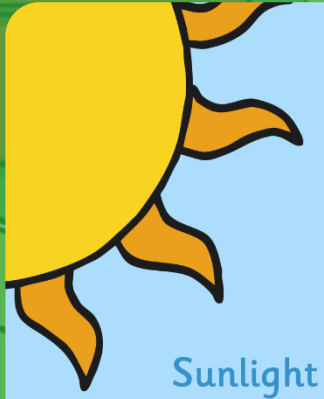
To be strong



To be healthy



Photosynthesis

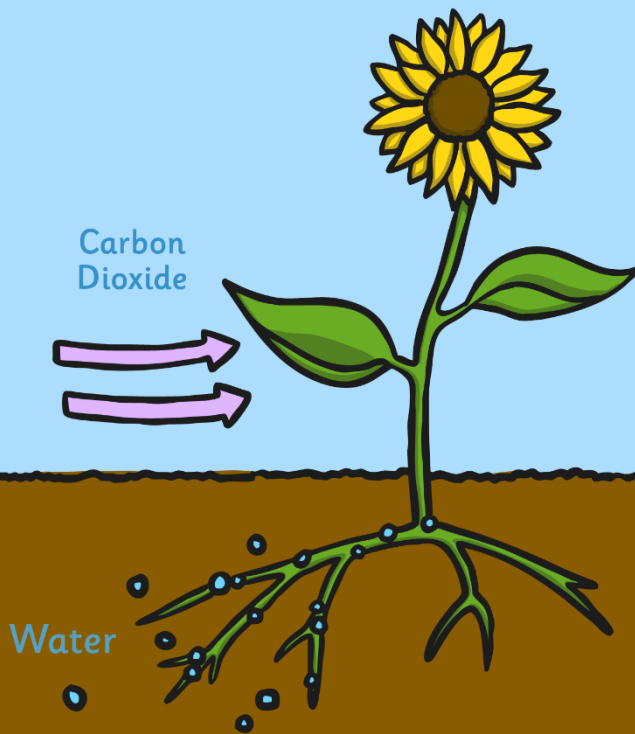


Sunlight

How do plants obtain food?

Plants make their own food! This process is called **photosynthesis**.

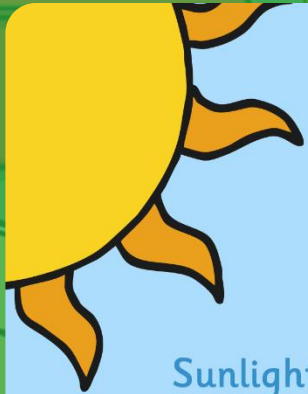
They use water, sunlight and carbon dioxide (a gas in the air) to produce food in their leaves.



Carbon
Dioxide

Water

Animals and Photosynthesis



Sunlight

Carbon dioxide



Water



What would happen to animals if they tried to obtain food in the same way as plants?

Human Food



What kind of foods do humans need?



Food is commonly divided into five food groups.

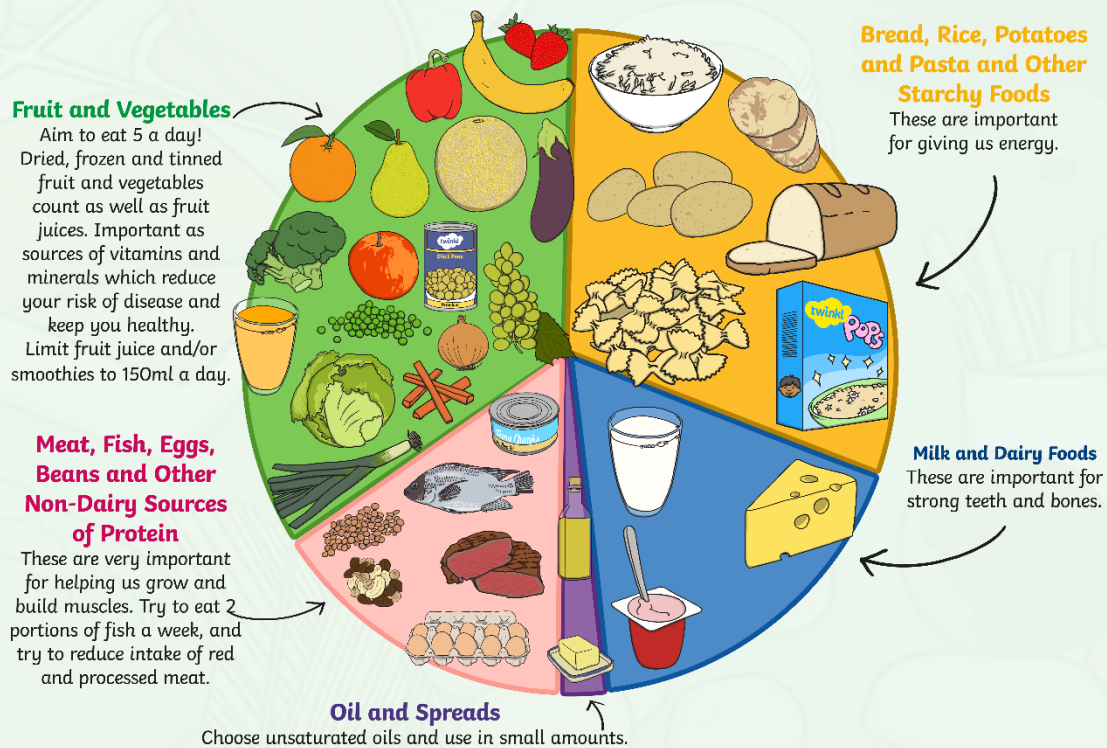
How many of the food groups can you remember?

As a group label the food groups.

Human Food



What kind of foods do humans need?



Mark another group's work using the picture, then give it back to them.

How many did you get correct?

Are there any groups you were confused by? Which ones? Why?

Spot the Difference

What is the difference between food groups and types of nutrients?

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 and processed meat.

Oil and Spreads

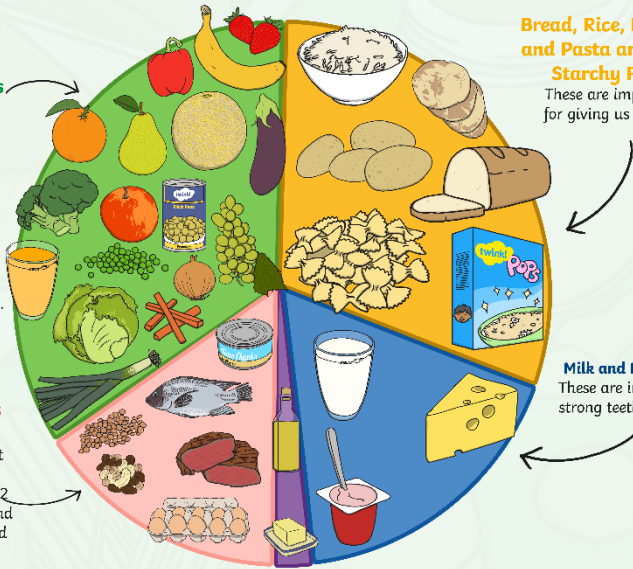
Choose unsaturated oils and use in small amounts.

Bread, Rice, Potatoes and Pasta and Other Starchy Foods

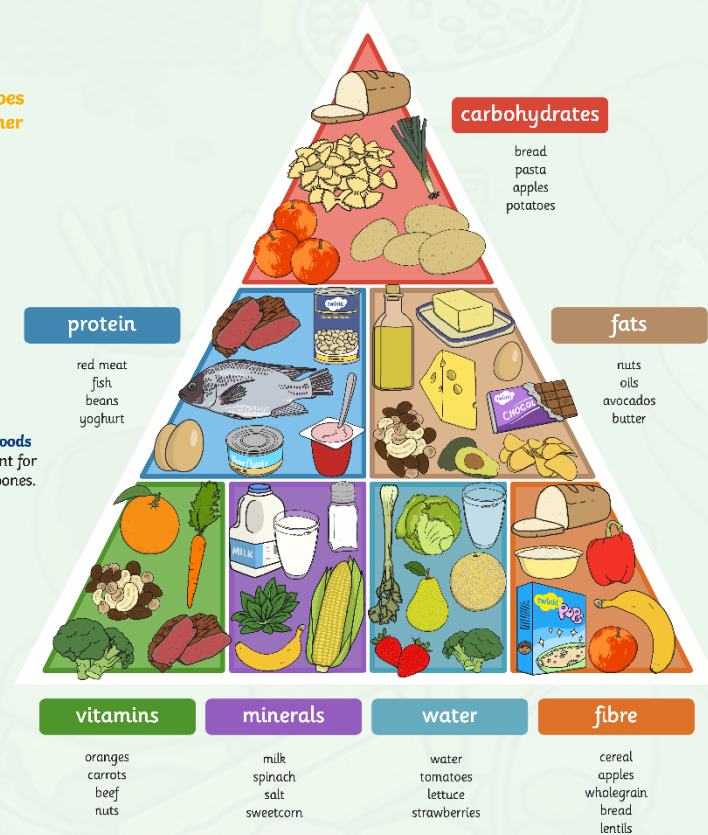
These are important for giving us energy.

Milk and Dairy Foods

These are important for strong teeth and bones.

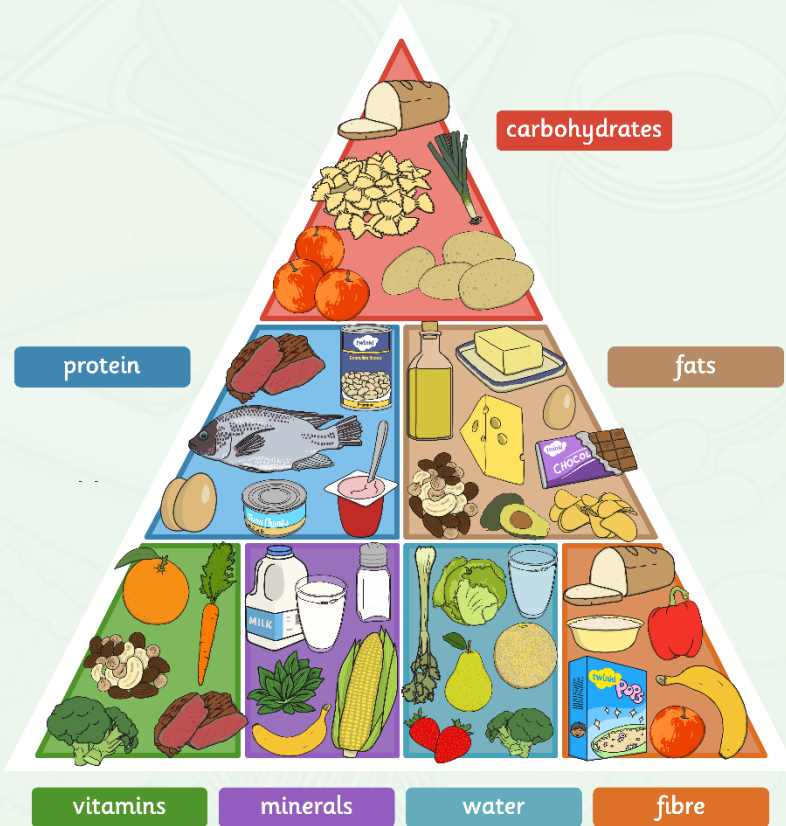


Types of Nutrients



The Nutrient Pyramid

What is the difference between food groups and types of nutrients?



There are **7** types of nutrients.

Most foods contain more than one type of nutrient.

For example:

Cereal contains fibre, carbohydrates and vitamins. However it is included in the fibre group because this is main nutrient you get from eating it.

Did you know that vegetables contain water? However, we eat them because they are high in vitamins and minerals.

Types of Nutrients - Proteins

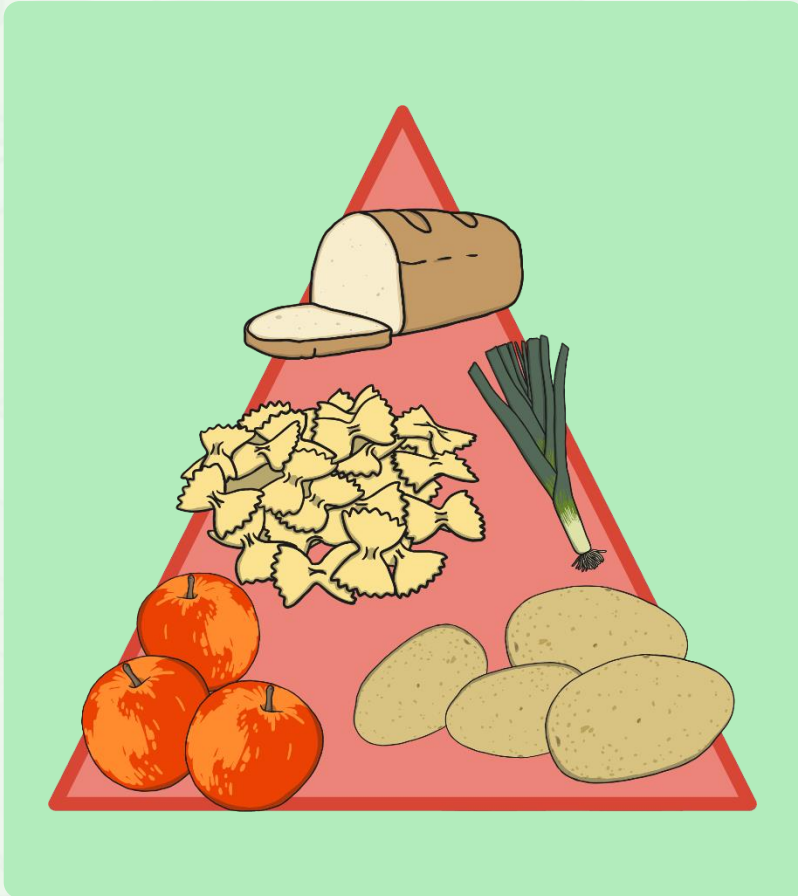


Proteins help your body to grow and repair itself.

Foods high in protein include:

Red Meat
Fish
Beans
Yoghurt

Types of Nutrients - Carbohydrates



Carbohydrates give you energy.

Foods high in carbohydrates include:

Bread
Pasta
Fruit
Potatoes

Types of Nutrients - Fats

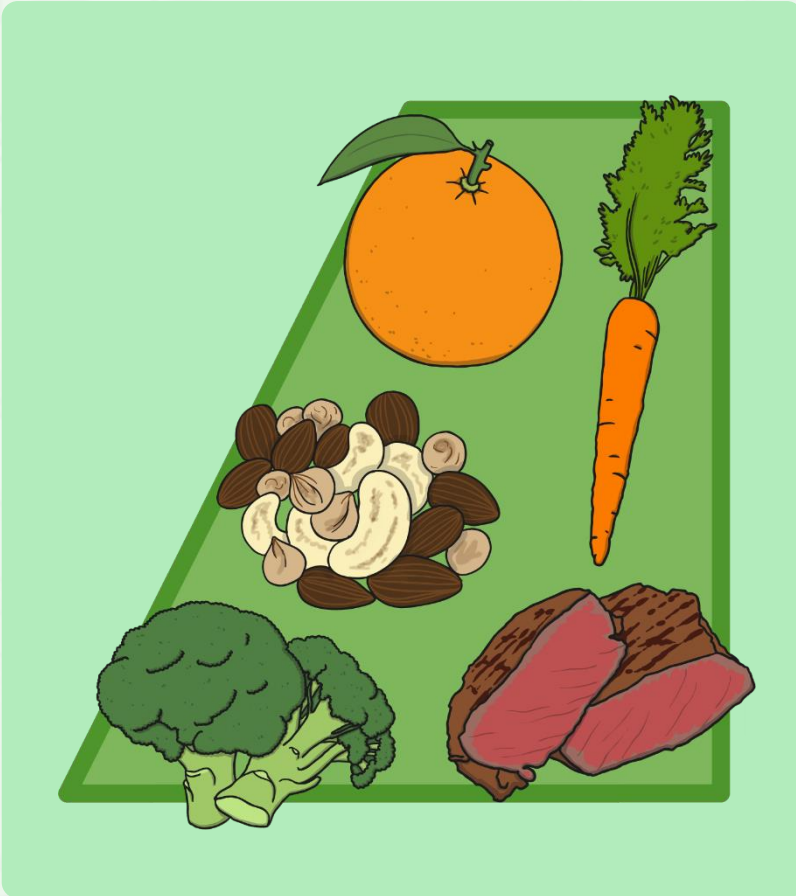


Fats give you energy.

Foods high in fats include:

Nuts
Oils
Avocados
Butter

Types of Nutrients - Vitamins



Vitamins keep your body healthy.

Foods high in vitamins include:

Oranges
Carrots
Beef
Nuts

Types of Nutrients - Minerals



Minerals keep your body healthy.

Foods high in minerals include:

Milk
Spinach
Salt
Sweetcorn

Types of Nutrients - Water

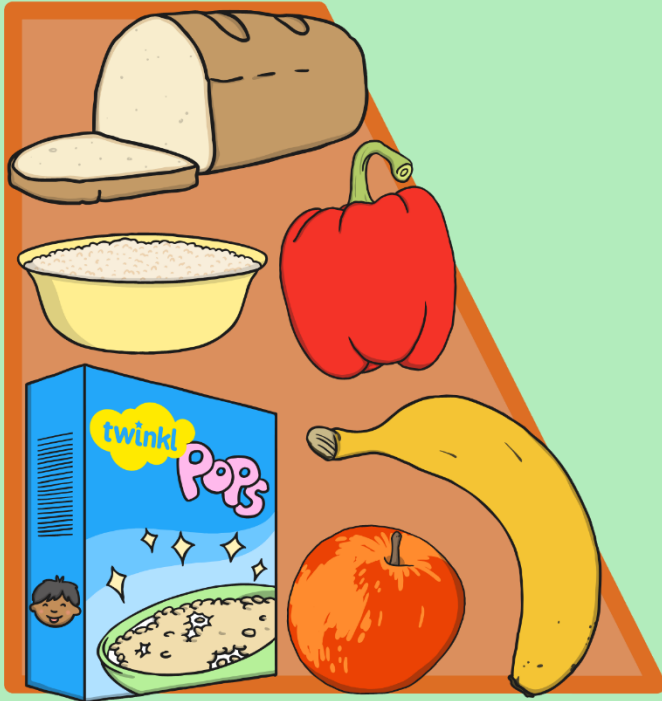


Water helps to move nutrients in your body and get rid of waste that you don't need. It is an essential nutrient for our survival. While it is really important to drink plenty of water, it is also important to remember that many foods contain water also.

Foods high in water include:

Tomatoes
Cucumbers
Lettuce
Strawberries

Types of Nutrients - Fibre



Fibre helps you to digest the food that you have eaten.

Foods high in fibre include:

Cereal
Apples
Wholegrain bread
Lentils

