Science

Animals Including Humans

Types of Nutrition

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Aim

- I can explain how living things obtain food.
- I can state why animals, including humans, need the right type of nutrients.

Success Criteria

- I can explain how plants obtain food.
- I can explain how animals, including humans, obtain food.
- I can demonstrate I understand the difference between how plants and animals obtain food.
- I can explain the difference between food groups and types of nutrients.
- I can explain what types of nutrients humans need.

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Living Things and Food

Why do living things need food?

To grow

To be strong

To be healthy

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Photosynthesis

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.

Animals and Photosynthesis

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.

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Human Food

What kind of foods do humans need?

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.

Bread, Rice, Potatoes and Pasta and Other Starchy Foods
These are important for giving us energy.

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.

Milk and Dairy Foods
These are important for strong teeth and bones.

Oil and Spreads
Choose unsaturated oils and use in small amounts.

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?

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Spot the Difference

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

Food Groups

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Types of Nutrients

carbohydrates
bread
pasta
apples
potatoes

protein
red meat
fish
beans
yoghurt

fats
nuts
oils
avocados
butter

vitamins
oranges
carrots
beef
nuts

minerals
milk
spinach
salt
sweetcorn

water
water
tomatoes
lettuce
strawberries

fibre
cereal
apples
wholegrain
bread
lentils

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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.

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