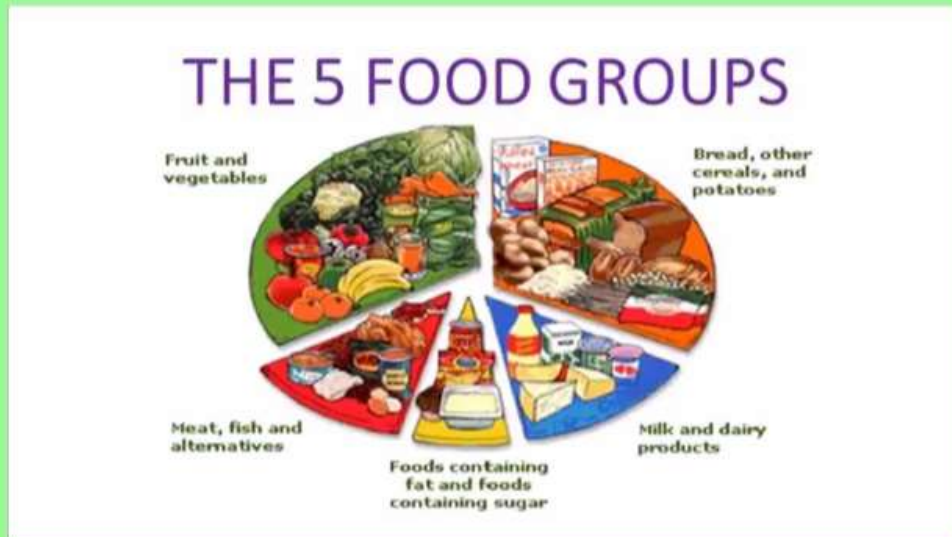


Lesson 5

Science - The Digestive System

L.O: I know how to eat a balanced diet.



Follow the link below and watch the video:

<https://www.bbc.co.uk/bitesize/topics/zfmpb9q/articles/zxwvp4j>

Read the slides below and add in some examples of food in the food groups. You can use the website above or your own knowledge to help you.

Fruit and vegetables

Vitamin C

Iron



Fibre - waste plant material that helps push waste out of our bodies. **DIGESTION**

Examples:

[Extend Page](#)

Carbohydrates

Vitamin B



Changes into energy so that we can move and our bodies can function properly.

Examples:

[Extend Page](#)

Dairy



Calcium

Helps to keep our bones and teeth strong and healthy.

Examples:

Fats and oils



Store energy for us to use later.

Allow us to absorb vitamins and minerals from other food groups.

Protects our heart and lungs.

Examples:

Proteins



Repairs damages bones, muscles, skin and blood in our bodies.

Examples:

Moderation

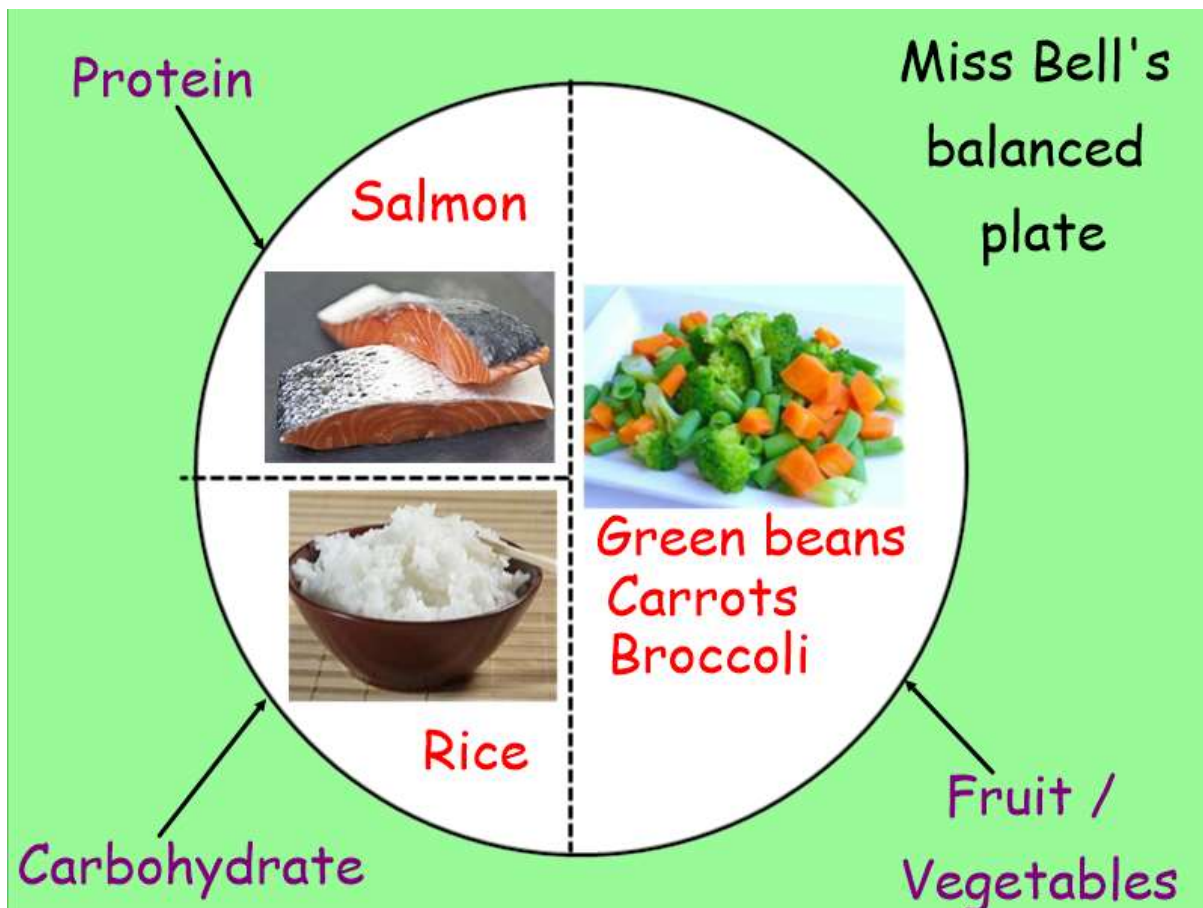


This means do not have too much.

Which food groups would this apply to?

Here is an example of a healthy main course in a meal.

- Half of the plate is for fruit / vegetables.
- Quarter of the plate is for proteins.
- Quarter of the plate is for carbohydrates.



Which food groups have been missed out?

How could you add them in?

Course:	Create a balanced meal which covers all of the food groups. You may use more than one course for the meal, but no more than three. Please use a mixture of pictures and words. Food:
Starter:	
Main:	
Pudding:	