

Sequence:

Session 1 – Task 1

Session 2 – Task 2

PSHE - Healthy Eating

Task 1:

Watch the video about Bungo the Giant and complete the quiz about food groups:

<https://www.bbc.co.uk/bitesize/topics/zrffr82/articles/zppvv4j>

The human body needs a balanced diet to work properly. Good health involves drinking enough water and eating the right amount of foods from the different food groups:



- ✓ **Carbohydrates** give us energy. They are found in foods such as bread, potatoes and pasta.
- ✓ **Proteins** help our bodies to repair themselves. They are found in foods such as fish, meat, nuts, seeds, eggs and cheese.
- ✓ **Fats** help store energy for our bodies. They are found in foods such as butter, cheese and fried foods.
- ✓ **Fibre** is important for helping us digest our foods. It's found in fruit and vegetables.

Task 2:

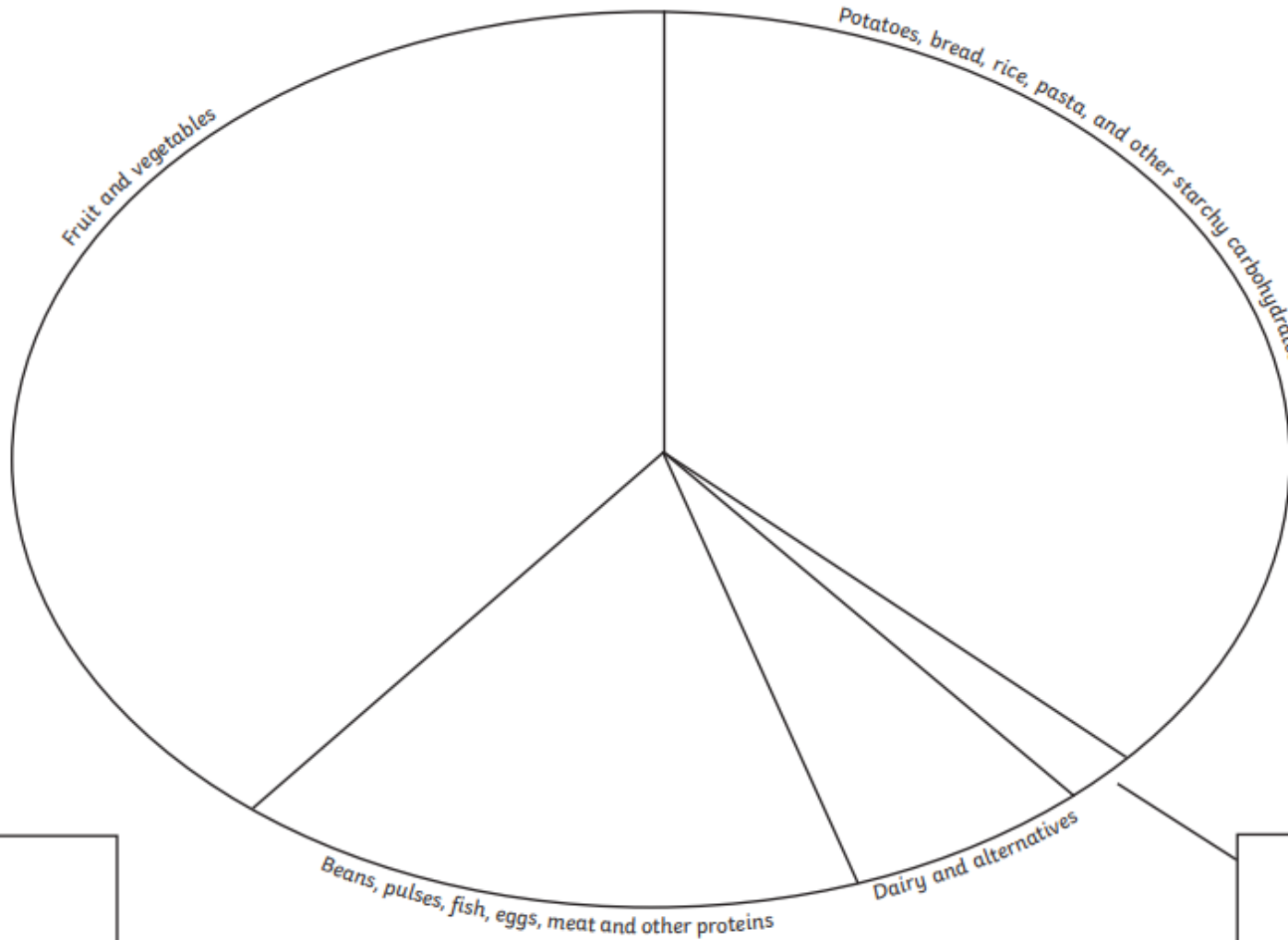
Watch the video about Why a Healthy Lifestyle is important and complete the quiz about Healthy Living:

<https://www.bbc.co.uk/bitesize/topics/zrffr82/articles/ztsqfcw>

Read through the slides about the Healthy Eating Plate and then design your own Healthy Meal using the template on the next page. Make sure it is a balanced plate!

Optional Task - Have a go and making your Healthy Meal and send me a picture!

Healthy Eating Meal



High in fat, salt and sugar

Oils and spreads