




| Key Vocabulary | | Diagram / Visual | 'Sticky' Knowledge |
|------------------------------|--|--|--|
| carbohydrates | This food group includes potatoes and grains such as wheat, barley and rice. |  <p>Important Facts</p> <p>A balanced diet is made up of foods from the five food groups: starchy carbohydrates, fruits and vegetables, protein, dairy and healthy fats. Each provides the range of vitamins and minerals our bodies need to function efficiently.</p> <p>Eating a healthy balanced diet helps us stay at a healthy weight and reduces the risks of developing illnesses. Eating the right food gives us enough energy to stay fit and active and enjoy life.</p> | You should eat at least five portions of fruit and vegetables a day. They contain important vitamins and minerals that help prevent disease as well as fibre which keeps the bowel healthy and help digestion. |
| protein | This food group includes meat and fish as well as eggs, beans and pulses, tofu, nuts and seeds. | | Carbohydrates a good source of energy and essential fibre, calcium, iron and vitamins. |
| dairy | This food group includes milk, cheese, yogurt, butter, soya milk and nut milk. | | Dairy products contain calcium, which helps keep our bones healthy and strong. |
| fats | This food group includes oils and spreads. | | Protein is essential for building, maintaining, and repairing the tissues in our body. |
| vitamins and minerals | Vitamins and minerals are essential nutrients that our body needs to work properly. | | Fat is a source of energy. It is also used in our bodies as insulation to keep us warm, protection for our vital organs and to carry fat-soluble vitamins. |
| athlete | A person who takes part in competitive track and field events. | | Drinking fluid is essential to stay alive. Water is the best fluid for our bodies. Children up to 8 years of age should have a minimum of 4-5 cups of water a day. |
| energy | The ability to do work or move. | | |
| hydration | Drinking enough liquids to keep the fluid levels in the body topped up to ensure that our bodies are able to work as normal. | | |