

**Tuesday 26<sup>th</sup> January 2021**

L.O: I am getting better at using my knowledge of healthy food to create a healthy lunchbox.

Today in Science we are going to be looking at what makes a healthy diet.

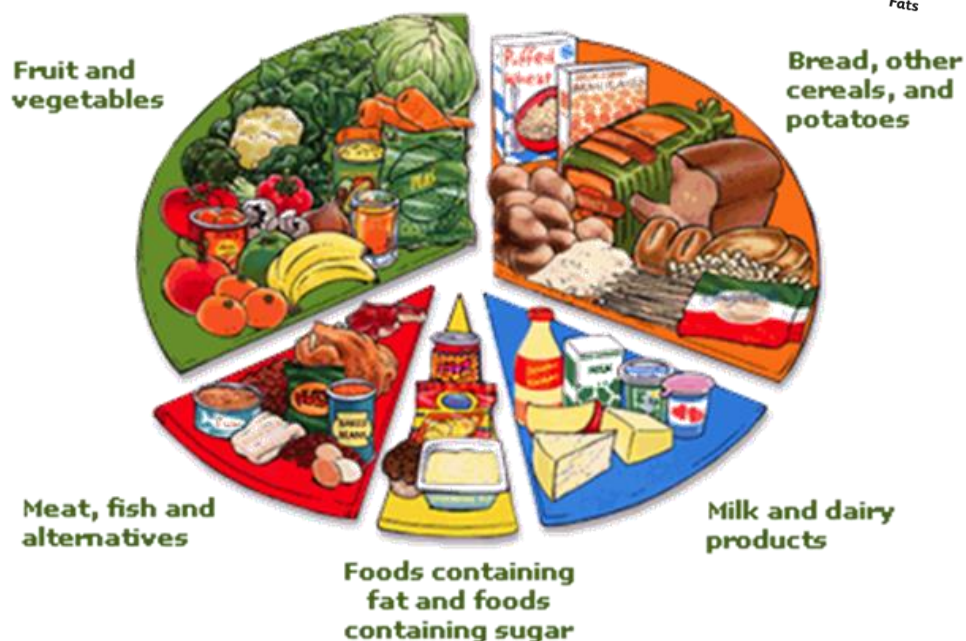
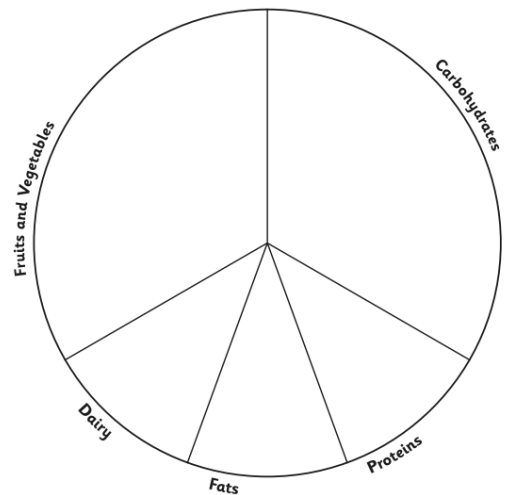
Humans need to eat a balanced diet to keep them healthy. This means that we need to look carefully at what we eat and make sure we are eating lots of healthy food and not too much unhealthy food.

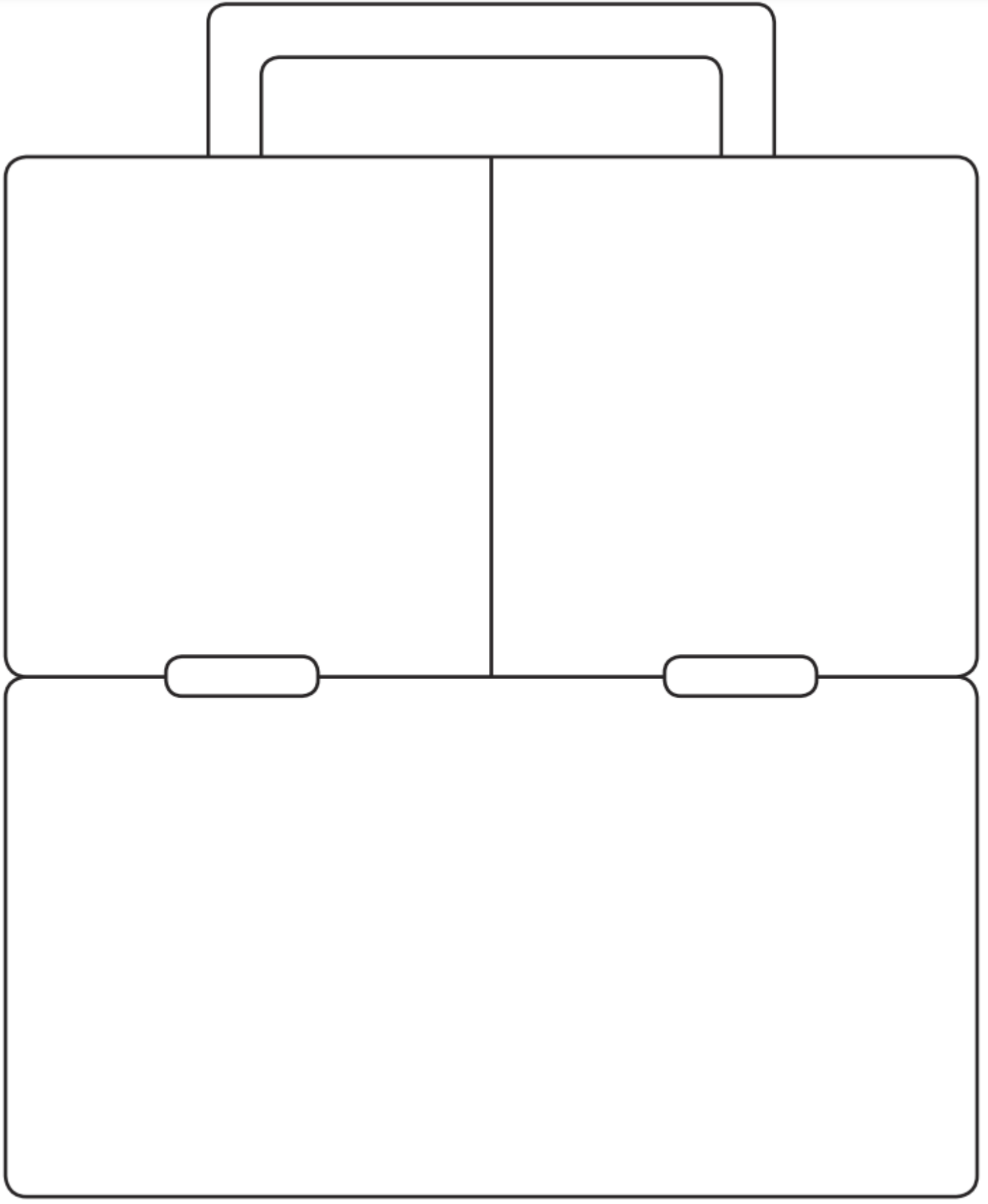
As you will know, fruit and vegetables are healthy food and it is good for us to eat them. We need to eat other things too, such as carbohydrates, proteins, fat and fibre. Carbohydrates give us energy and you can find them in bread and pasta. Proteins help our body to repair itself and you can find them in fish, meat, eggs, seeds and cheese. Fats help us store energy for our body and you can find them in butter, cheese and fried food. Fibres help us digest our food and can be found in fruit and vegetables. Drinking lots of water is also good for our body.

All of these different types of food need to be eaten in moderation and a healthy plate could look like this:

I would like you to create your own healthy lunchbox. I have a lunchbox template for you to use and some food you could have in your lunchbox. I would like you to decide which food will go well together to create a balanced meal.

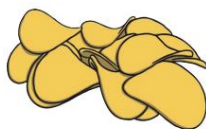
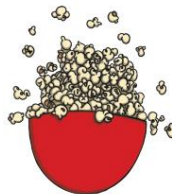
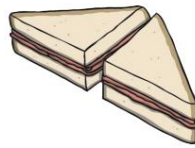
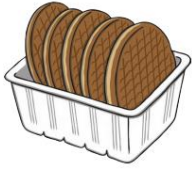
If you would like to do the extension, I would like you to create a healthy menu for one day.





Can you use these items of food to create a healthy lunchbox?

Don't forget what healthy food we need.





# My Healthy Menu

Breakfast

Lunch

Dinner