

Year 2 Week 12 – Science Task

L.I: To know the importance of a balanced diet

Key Vocabulary: food, water, survive, dairy, carbohydrates, protein, fats, sugars, fruits, vegetables

This week we are focusing on the importance of a balanced diet. *What is a balanced diet?*

<https://www.youtube.com/watch?v=OKbA8pFW3tg>















This is an eatwell plate. It shows us how much you should eat from each food group.

What do animals, including humans, need to survive?

Why do humans need food?

What else do humans need apart from food to be healthy?

Which food group do you think is the most important? Why?

 fish	 milk	 cheese	 carrots
 banana	 bread	 rice	 tomatos
 chicken	 sweets	 potatos	 yoghurt

Task:

To create your own eatwell plate using the foods above. You can draw them or even cut and stick them. Remember to label your work!

EXT: Can you think of other foods to add to your plate?

