

Cooking Nutrition

KS2 Dt · Follows the national curriculum

Name _____ Class _____ Date _____

1. Worked example

Why does your body need carbohydrates?

Step 1 · Think about what carbohydrates provide

Energy for your body to use throughout the day

Answer: Carbohydrates provide energy that your body uses to move, think, and function

Check: Bread, pasta, rice and potatoes are all common sources of carbohydrates.

2. Now try one with the steps

Why is it important to eat food from several different groups, not just one?

Step 1 · Think about what each food group provides

Answer:

3. Practice

Have a go at each one. There is space underneath to work it out.

1. Which food group helps the body grow and repair itself?

2. Which food group gives you energy?

3. Which food group provides calcium for strong bones and teeth?

4. Which food group provides vitamins and fibre?

5. Design a balanced meal including something from at least 3 different food groups.

6. Why might a meal made only from one food group (e.g. only carbohydrates) not be considered healthy, even if it fills you up?

4. Before you hand it in

Thinking all foods within a group provide identical nutrition (e.g. all 'protein' foods are nutritionally the same).

Think of food groups general guide, not an exact equivalence between all foods in that group.

Assuming a 'balanced diet' means eating equal amounts of every food group.

Think of balance as 'the right proportions', not 'exactly equal amounts of everything'.