Y6 Diet Exercise

KS2 Y6 Science · Follows the national curriculum

Name _____ Class _____ Date _____

1. Worked example

What does each main food group do for the body?

Step 1 · Starchy foods (carbohydrates): bread, rice, pasta, potatoes

Energy

Step 2 · Protein: beans, eggs, fish, meat, lentils

Growth and repair

Step 3 · Fruit and vegetables

Vitamins, minerals and fibre to keep you healthy and help digestion

Step 4 · Dairy and alternatives

Calcium for strong bones and teeth

Answer: Carbohydrates give energy, proteins build and repair, fruit and veg keep you healthy, dairy builds bones. Small amounts of fat store energy.

Check: No single food has everything. That's why a varied diet matters.

2. Now try one with the steps

A 330 ml can of cola has about 35 g of sugar. The daily maximum of added sugar for a 7–10 year old is 24 g. How far over is one can?

Step 1 · Subtract

Step 2 · Put it in context

Step 3 · Why it matters

Answer:

3. Practice

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

1. Which food group gives us most of our energy?

2. Which nutrient is needed for growth and repair?

3. How many portions of fruit and vegetables should we aim for each day?

4. Which food group gives calcium for strong bones and teeth?

5. What does fibre help with?

6. For how many minutes a day, on average, should children be active?

7. What happens to your heart rate during exercise?

8. Give one effect of eating too much sugar.

9. A yoghurt has 12 g of sugar. How many grams are left of a 24 g daily maximum?

10. After running, Child A's heart rate is back to resting at minute 5 and Child B's at minute 7. How many minutes longer did B take?

11. Why does a fitter person's heart rate return to normal faster?

12. Why should foods high in fat, salt or sugar be eaten only occasionally?

13. Give TWO benefits of exercise apart from a stronger heart.

14. What is the best drink for keeping teeth healthy?

4. Before you hand it in

Thinking fat is always bad.
Eat fats in small amounts; cut down on saturated fat and fried foods.

Thinking fruit juice counts 5 portions.
Eat whole fruit and vegetables for most portions.

Saying exercise makes your heart 'beat faster forever'.
During exercise the rate rises; over weeks of training, resting rate falls.

Thinking diet and exercise only affect weight.
Describe effects on how the BODY FUNCTIONS, not only on weight.