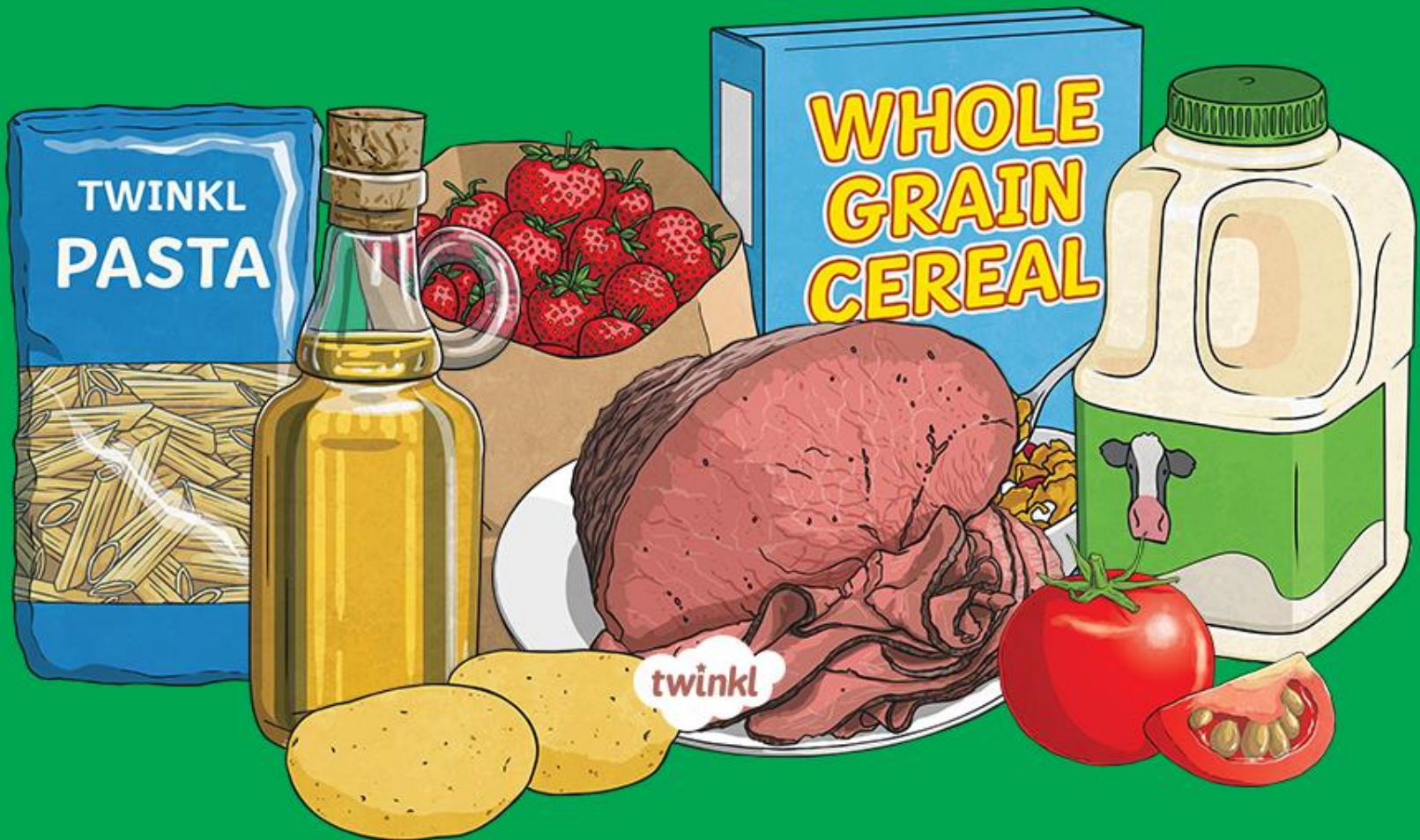


# Types of Nutrition



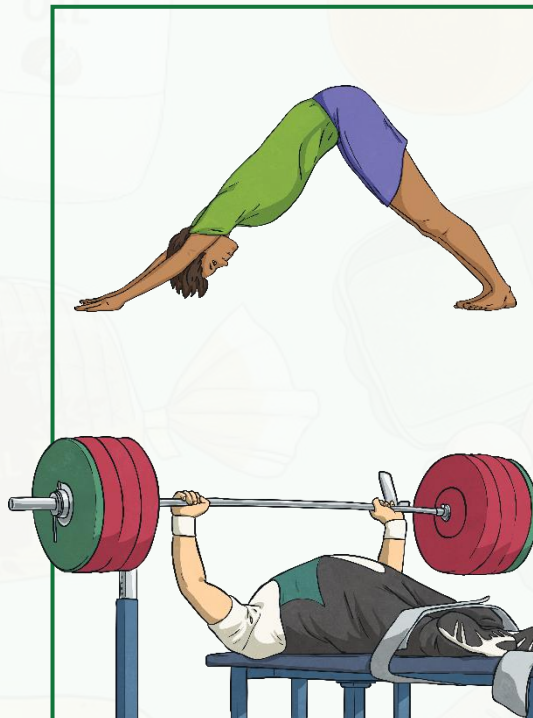
# Living Things and Food

Why do living things need food?

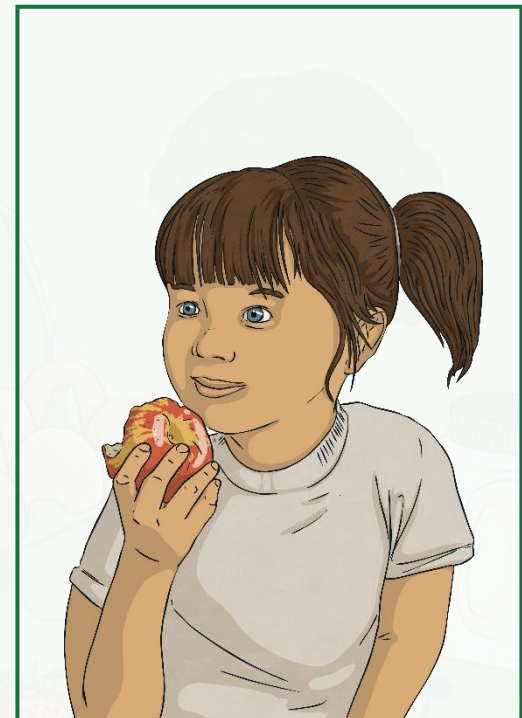
**To grow**



**To be strong**

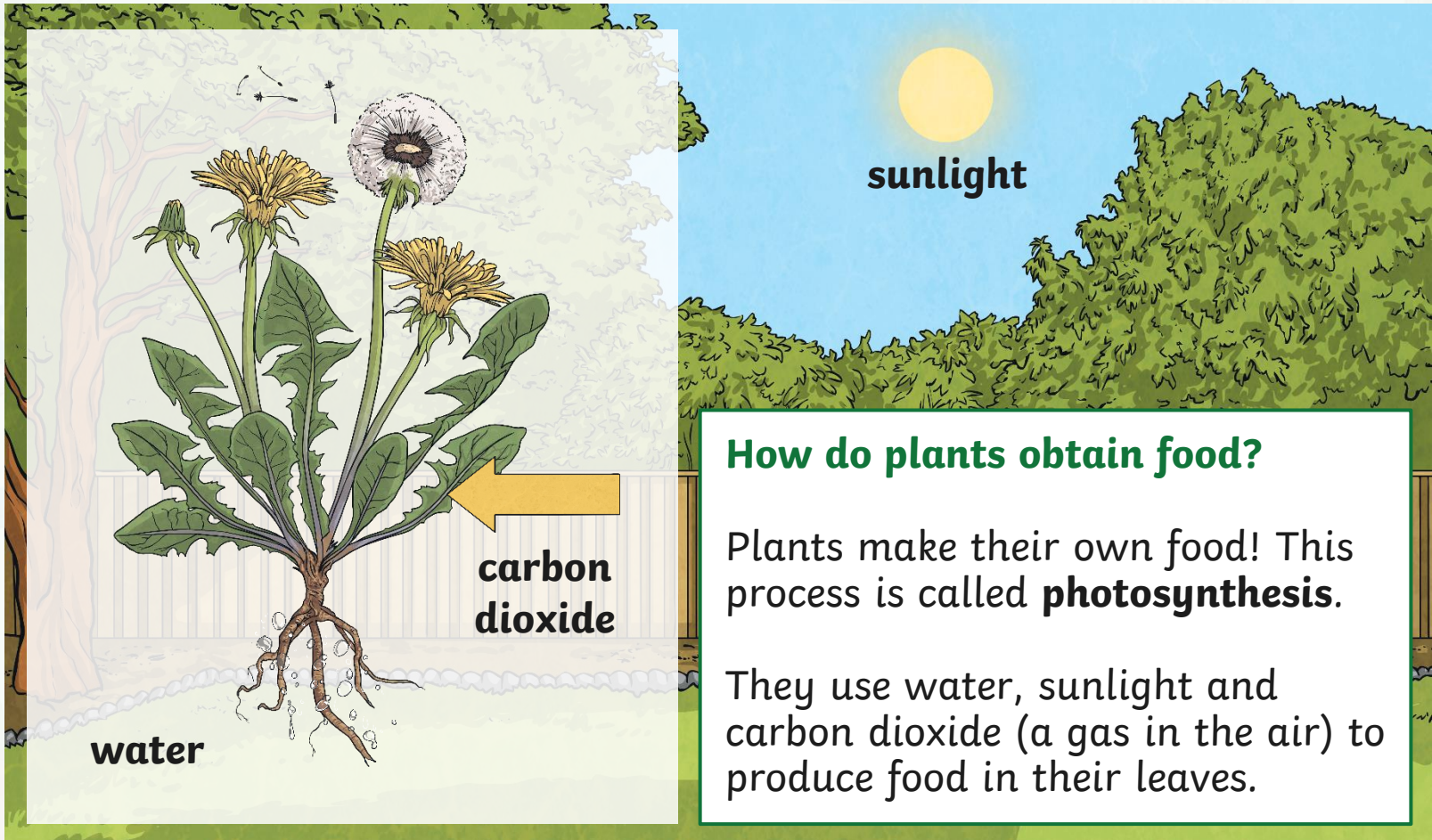


**To be healthy**





# Photosynthesis



## How do plants obtain food?

Plants make their own food! This process is called **photosynthesis**.

They use water, sunlight and carbon dioxide (a gas in the air) to produce food in their leaves.

# Human Food

What kind of foods do humans need?



Food is commonly divided into **five** food groups.

How many of the food groups can you remember? Say them aloud and try to name at least one of the foods from each group.



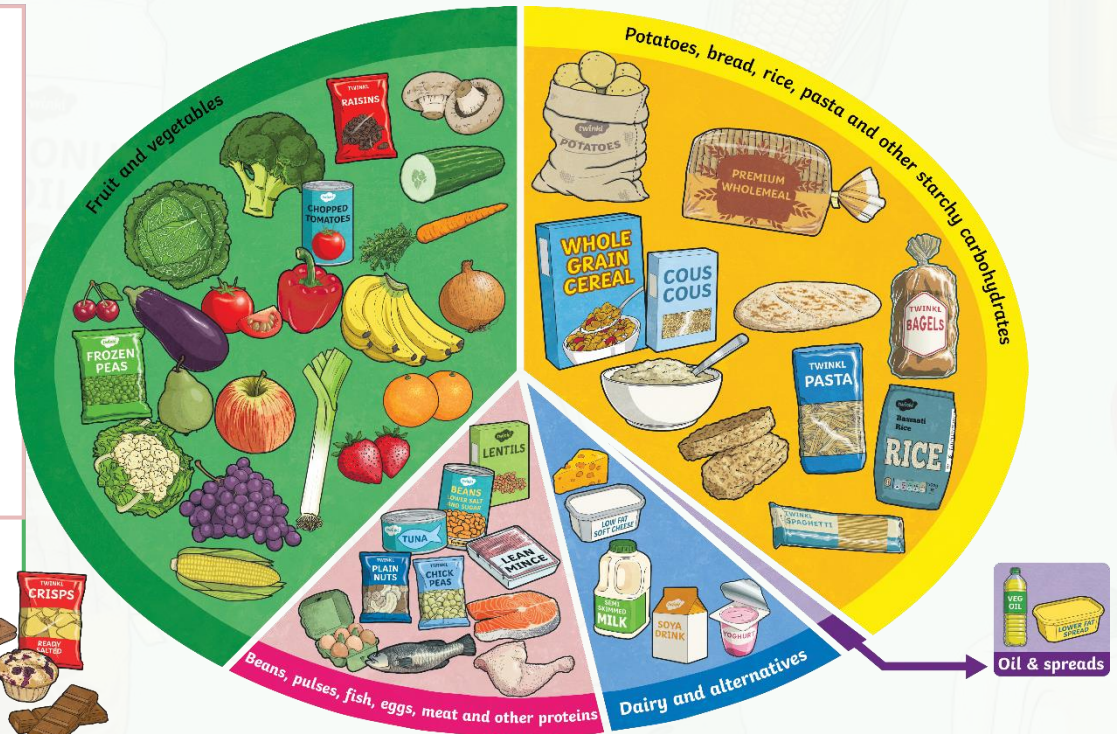
# Human Food

What kind of foods do humans need?

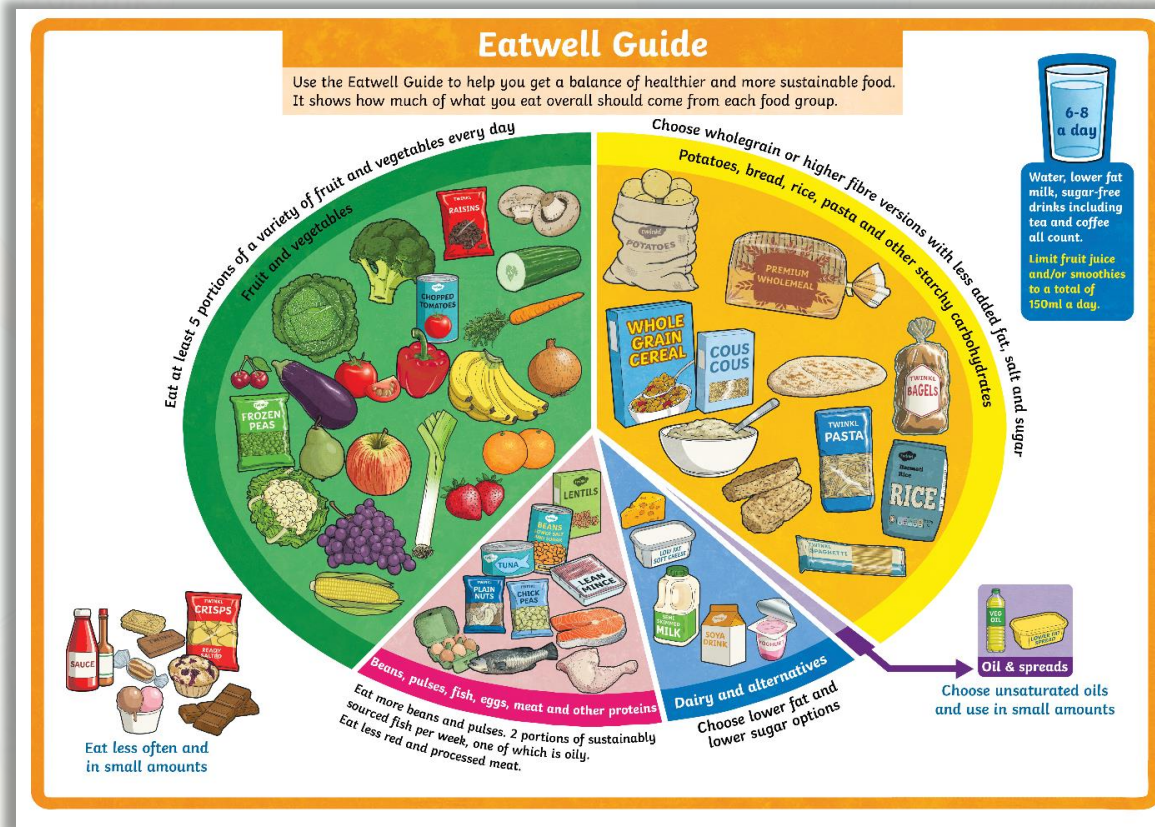
## Beans, pulses, fish, eggs, meat and other proteins

These are very important for helping us grow and build muscles. Try to eat 2 portions of fish a week and try to reduce intake of red and processed meat.

Healthy. Limit fruit juice and/or smoothies to 150ml a day.



# Food Groups










The Eatwell Guide helps us to make decisions about how to make sure we eat the right amount of each food group. Notice that drinking plenty of water is also very important to keep us healthy.



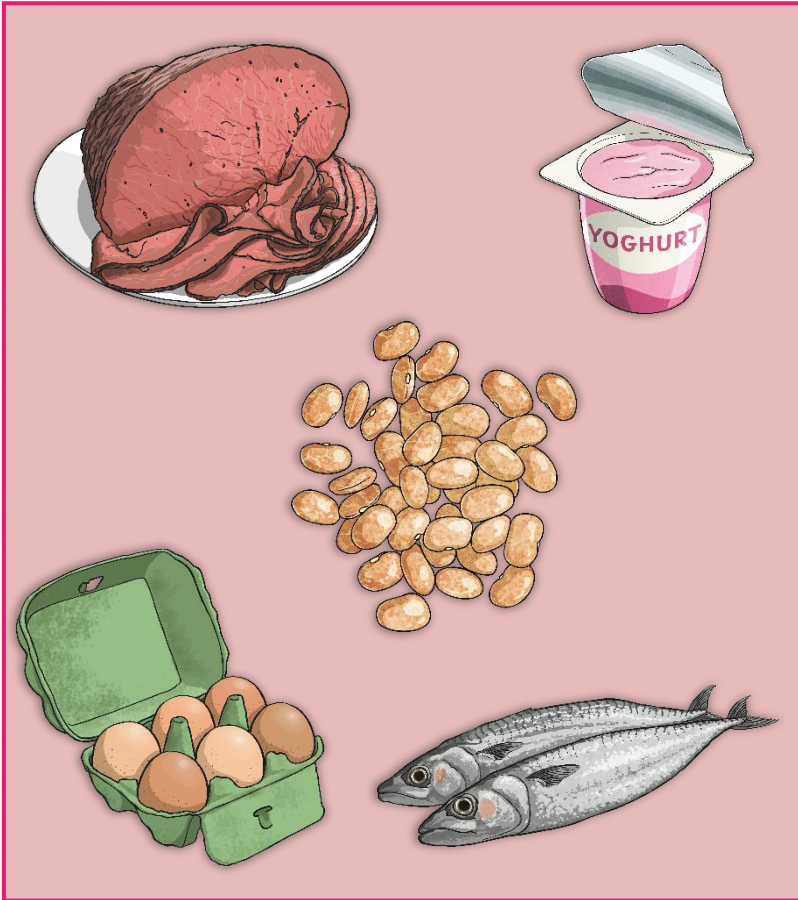
# Types of Nutrients

Nutrients are substances that animals need to stay alive and stay healthy. These nutrients are found in the foods we eat.

There are seven nutrients.

Nutrient	Found in... (examples)
carbohydrates	
protein	
fibre	
fats	
vitamins	
minerals	
water	

# Types of Nutrients - **Proteins**



**Proteins help your body  
to grow and repair itself.**

Foods high in protein  
include:

Red Meat  
Fish  
Beans  
Yoghurt



# Types of Nutrients - Carbohydrates



**Carbohydrates give you energy.**

Foods high in carbohydrates include:

Bread  
Pasta  
Fruit  
Potatoes

# Types of Nutrients - Fats



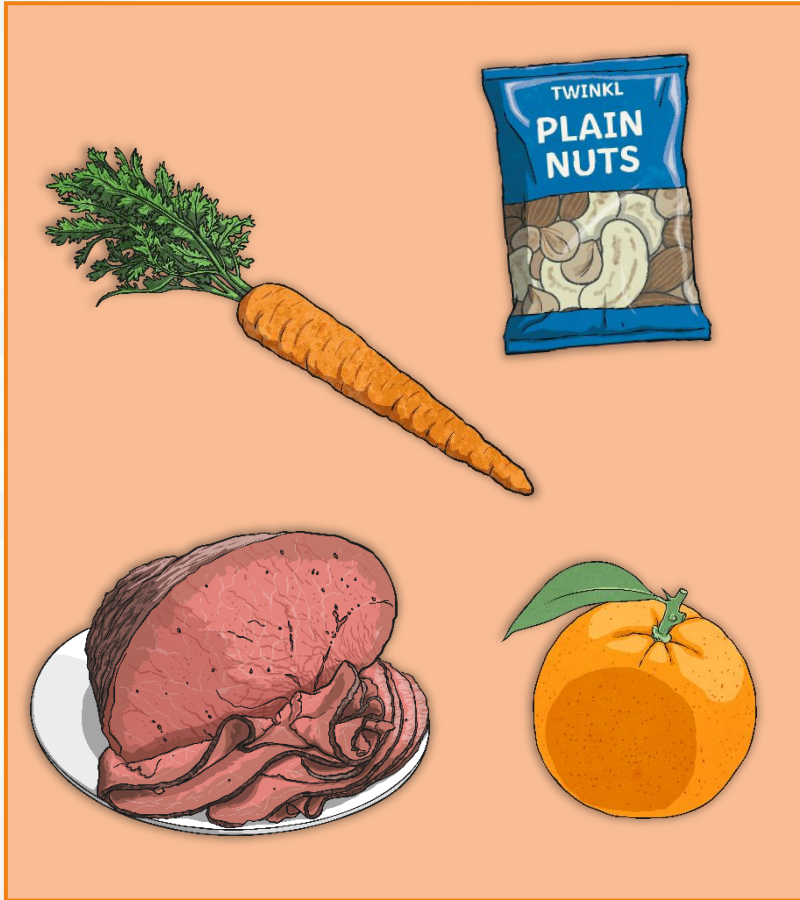
**Fats give you energy.**

Foods high in fats  
include:

Nuts  
Oils  
Avocados  
Butter



# Types of Nutrients - **Vitamins**

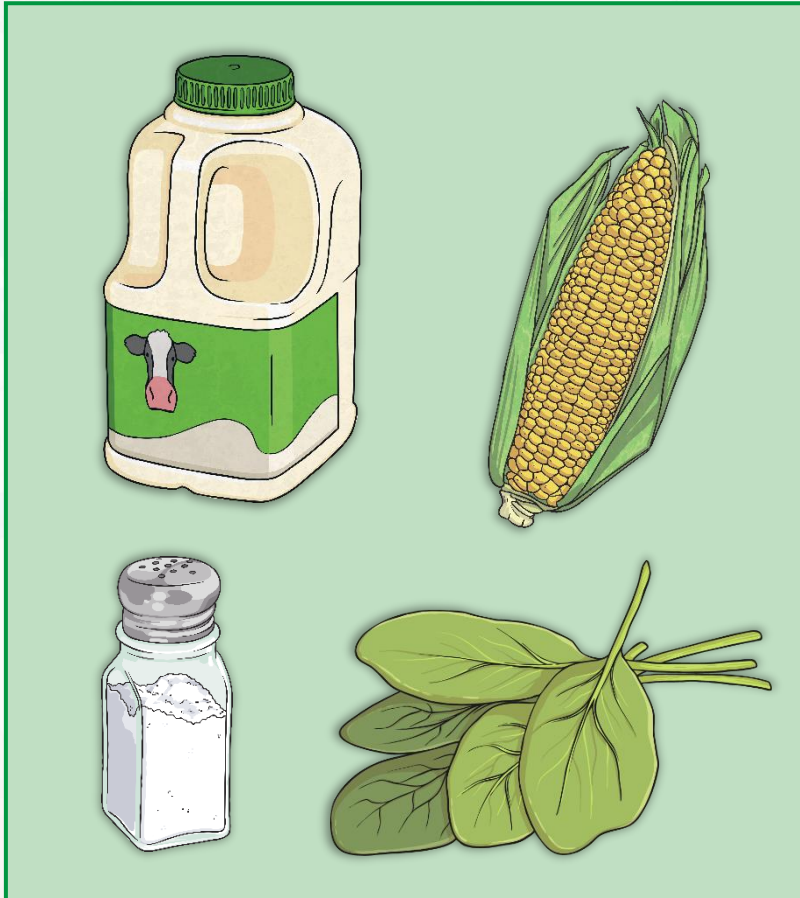


**Vitamins keep your  
body healthy.**

Foods high in vitamins  
include:

Oranges  
Carrots  
Beef  
Nuts

# Types of Nutrients - Minerals



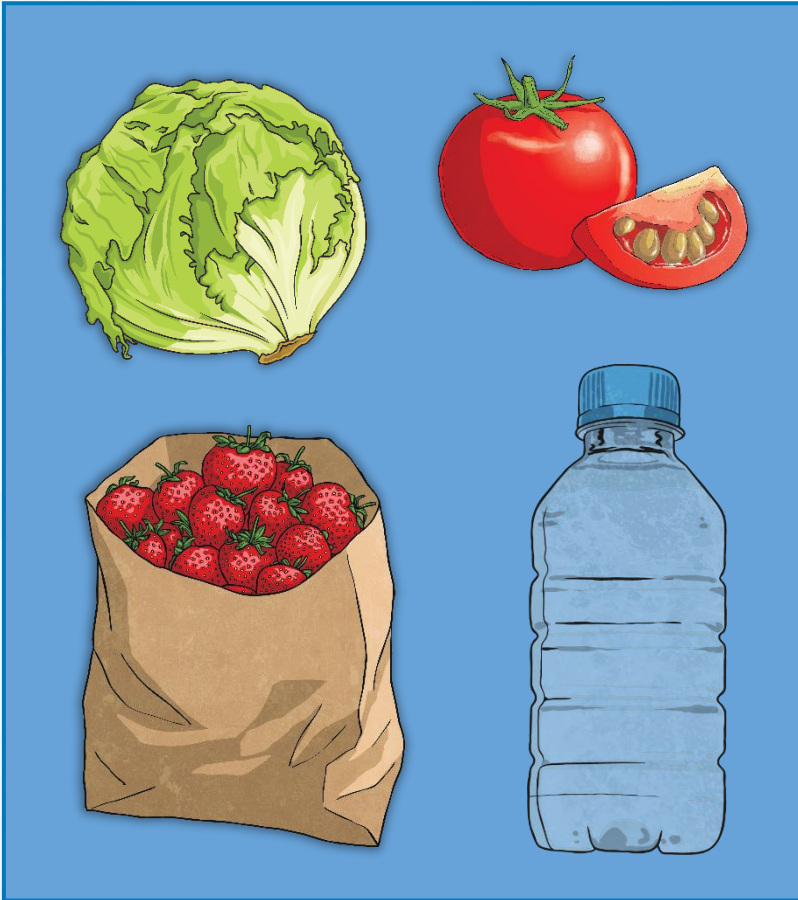
**Minerals keep your  
body healthy.**

Foods high in minerals  
include:

Milk  
Spinach  
Salt  
Sweetcorn



# Types of Nutrients - **Water**



Water helps to move nutrients in your body and get rid of waste that you don't need. It is an essential nutrient for our survival. While it is really important to drink plenty of water, it is also important to remember that many foods contain water also.

## **Foods high in water include:**

Tomatoes  
Cucumbers  
Lettuce  
Strawberries

# Types of Nutrients - Fibre



**Fibre helps you to digest  
the food that you  
have eaten.**

Foods high in fibre include:

Cereal  
Apples  
Wholegrain bread  
Lentils



# Food Groups and Nutrients

Within each food group, there are many foods which contain more than one type of nutrient.

For example, eating broccoli from the fruit and vegetables section would provide with various different nutrients. This food is a great source of minerals (especially a mineral called potassium), a really good source of vitamins and it provides the body with fibre.

