

In this unit: Pupils will revisit their learning from year 3 about healthy eating. They will apply this to investigate cheap and healthy food options and use this knowledge to create a cheap and healthy meal for a food kitchen.

Children should already know:

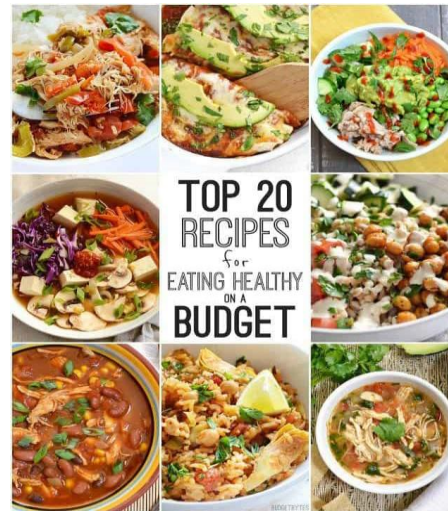
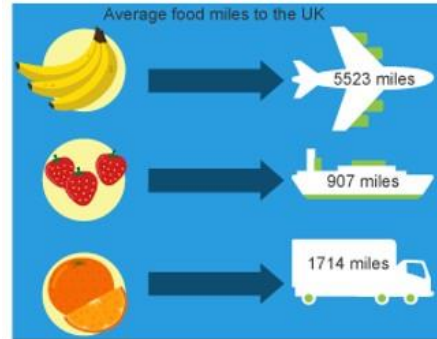
- that there are 5 different food groups – carbohydrates, protein, fats, dairy and fruit and vegetables (vitamins and minerals).
- that they should eat 5 portions of carbohydrates, 5 portions of fruit and vegetables, 4 portions of protein, 3 portions of dairy and 1 portion of fats as part of a balanced diet.
- that there are health benefits to a balanced diet.
- that some people have different diets due to preference, allergies or intolerance.

At the end of this unit, children will know:

- that some foods are more readily available in the UK than others.
- that some foods have high levels of food miles and this affects their price.
- the nutritional value of some locally produced foods.
- that some people require different levels of nutrition than others.
- how to create a cheap and healthy meal.
- that athletes require a different diet to regular humans and why.
- that fat can be used to produce energy over a long period time.

Pupils could investigate:

- where foods come from and whether food miles affect the price of a product.
- the amounts of carbohydrates, fats and proteins required by different people including athletes.
- which foods are best for people to eat and why.



Key Vocabulary

allergy	your immune systems (body's) reaction to certain foods etc
athlete	a person who takes part in competitive sports events
balanced diet	a variety of food that you eat regularly and which keeps you healthy
carbohydrates	a nutrient found in sugary or starchy foods such as potatoes; it is necessary for energy
endurance	the ability to keep working over a period of time without giving up
fat	a nutrient used by the body to create energy over a long period of time; if it is not burned, it is stored in fat cells
fibre	a complex carbohydrate that doesn't get broken down and absorbed - it passes undigested into your bowel
food group	a collection of foods that share similar nutritional properties
increased	become greater in amount or size
intolerance	a difficulty in digesting a particular food - can lead to problems within the body
minerals	substances found in foods; each one as a specific role in keeping your body working correctly
nutrients	substances that provide nourishment essential for the maintenance of life and for growth
preference	a greater liking for one food type than others
protein	a nutrient found in foods such as fish; it is necessary for growth and repair in the body
requirements	a thing that is needed or wanted
vitamins	substances found in foods; each one as a specific role in keeping your body working correctly

Key Questions:

- does everyone require the same diet? do athletes require the same diet as everyone else?
- do men and women require the same amounts of food?
- how many calories do people require per day?
- can people eat [type of food] as part of a healthy balanced diet?
- why do men require more calories than women throughout their life?

Gender	Age	Sedentary	Moderate	Active
Child	2-3	1000	1000	1000
Female	4-8	1200	1400	1800
	9-13	1600	1600	2200
	14-18	1800	2000	2400
	19-30	2000	2000	2200
	31-50	1800	2000	2200
Male	51+	1600	1800	2200
	4-8	1400	1600	2000
	9-13	1800	2200	2600
	14-18	2200	2800	3200
	19-30	2400	2800	3000
31-50	2200	2600	3000	
51+	2000	2400	2800	

