

In this unit: Pupils will identify that humans need the right types and amount of nutrition and that they cannot make their own food. They will learn that they can eat food such as chocolate as part of a balanced diet. Children will create their own chocolate bars and packaging from their learning.

Children should know:

- that humans need food for survival.
- that humans have to eat a varied diet to be healthy.

By the end of this unit, children will 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.

Pupils could investigate:

- the number of calories in different chocolate bars.
- the recommended daily intake of the food groups of different chocolate products.
- how chocolate can be eaten as part of a balanced diet.



Key Vocabulary

allergy	your immune systems (body's) reaction to certain foods etc
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.
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
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.
protein	a nutrient found in foods such as fish; it is necessary for growth and repair in the body.
vitamins	substances found in foods; each one as a specific role in keeping your body working correctly.

Key Questions:

- what makes a balanced diet?
- why is a balanced diet important?
- can chocolate be part of a balanced diet?
- are chocolate products healthy?
- can you make chocolate products healthier?

NUTRITION INFORMATION*		Per 100 g	Per 100 g
Energy kcal	534	(of which Saturated Fat) g	19.0
Protein g	7.8	Trans Fat g	0.2
Carbohydrate g	58.5	Sodium mg	151
(of which Sugars) g	55.5	Dietary Fiber g	2.0
Fat g	31.1		

*Approximate Values

^Guideline daily amount for energy (2000 kcal)
 @15 g corresponds to approx. 4 squares of the chocolate

