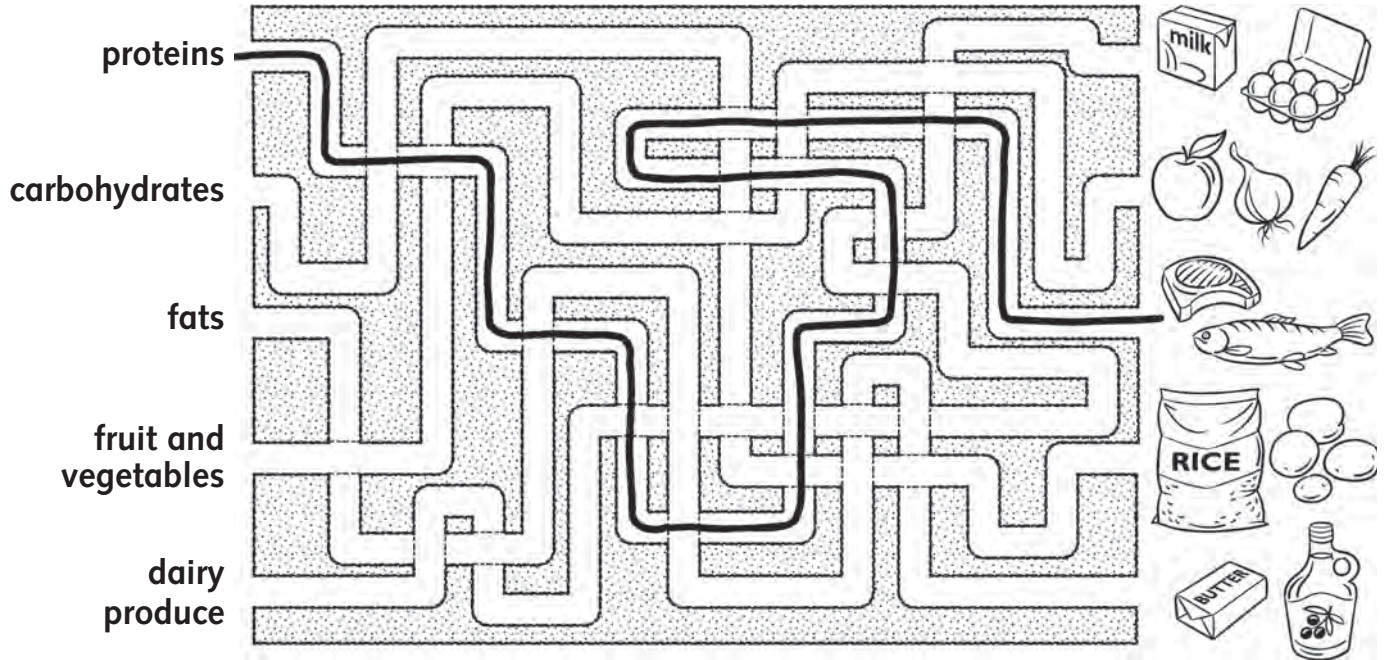


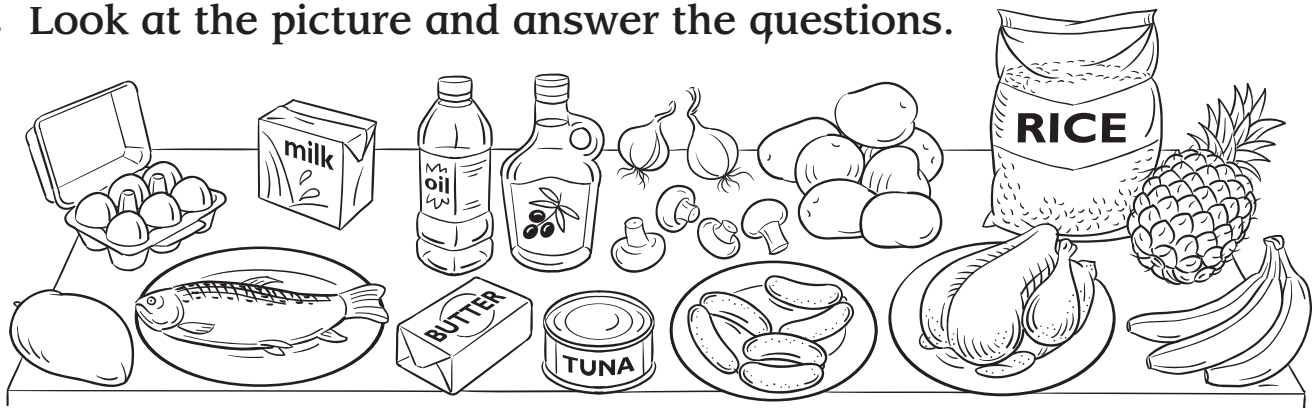
# Science - Diet and health

## 1 Match the words to the pictures.

All living beings need nutrients.



## 2 Look at the picture and answer the questions.



- 1 Are there any carbohydrates on the table?  
Yes, there are some potatoes and there is some rice.
- 2 Are there any proteins?  
 Yes, there \_\_\_\_\_.
- 3 Are there any fats?  
 \_\_\_\_\_.
- 4 Is there any dairy produce?  
 \_\_\_\_\_.
- 5 Are there any fruit and vegetables?  
 \_\_\_\_\_.

## Subject: Science

### Diet and health

**Objective:** Diet and health

**Vocabulary:** *protein, carbohydrate, fruit and vegetables, fat, dairy produce*

#### Introduction

Remind the pupils that different types of food contain different nutrients. Explain that a balanced diet contains *all* the nutrients. Some of your pupils may believe that they can have a balanced diet but without eating carbohydrates or fats. Explain that this is not the case especially when they are growing. Also explain that a healthy diet consists of eating the food as close as possible to its natural state. An apple is healthier than an apple pie, and so on.

#### Warm up

- Read the sentence *All living beings need nutrients* out loud. Ask the pupils if they know what nutrients are (food and water).
- Write the following words on the board: *protein, carbohydrate, fruit and vegetables, fat, dairy produce*. Ask the pupils to tell you what they know about these elements. They are the food types that we need to eat in order to stay healthy.
- Ask the pupils to call out examples of each food type and write the words on the board.

#### Activity 1

- Pupils match the words to the pictures by following the paths in the maze.
- Correct the activity by asking: *Which food is the (protein)?*

#### Activity 2

- Ask the pupils questions about the food in the picture. For example: *Are there any bananas? Is there any rice?*
- Pupils answer the questions.
- Ask volunteers to read the questions and their answers out loud. Pupils correct their work.

**Answer key** 1-Yes, there are some potatoes and there is some rice; 2-Yes, there are some eggs and there is some fish; 3-Yes, there is some butter and some oil; 4-Yes, there is some milk; 5-Yes, there is a pineapple and there are some mangoes

#### Project ideas

- Make a food game. Write the food types (*protein, carbohydrate, etc*) on a large piece of card. Tell the pupils to bring in pictures of food and glue them onto pieces of card. Place the food types face up in the centre of the table and the pictures of food face down. Pupils take turns to turn over a card and place it on the correct pile.
- Make food collages using pictures from magazines. These can be done according to colours or food types.