


Autumn 2 - Healthy Humans

Key Knowledge/ Interesting facts	Topic Specific	Vocabulary	Definition
Minerals make healthy skin and strong bones and teeth	 <p>Eatwell Guide</p> <p>Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.</p> <p>Check the label on packaged foods. Each serving contains: Energy 420kJ, Fat 15g, Carbohydrate 24g, Protein 10g, Salt 0.9g.</p> <p>of an adult's reference intake. *Special advice on salt per 100g (WHO) (100kcal). Choose foods lower in fat, salt and sugars.</p> <p>Choose wholegrain or higher fibre varieties with lower salt and lower energy components.</p> <p>Water, lower fat milk, sugar-free drinks including tea and coffee all count. Limit fruit juice and other sweeteners to a total of 150ml a day.</p> <p>Oil & spreads. Choose unsaturated oils and use in small amounts.</p> <p>Dairy and alternatives. Choose lower fat and lower sugar options.</p> <p>Meat, fish, eggs, meat and other protein. Eat more beans and pulses. 2 portions of sustainably sourced fish per week, one of which is oily. Eat less.</p> <p>Vegetables and fruits. Eat at least 5 portions of a variety of fruit and vegetables every day.</p> <p>Potatoes, bread, rice, pasta and other starchy carbohydrates.</p> <p>Wholegrain cereals, pulses, lentils, chickpeas, soya products and other pulses.</p> <p>Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS</p>	Growth	The process of increasing in size.
Fibre helps your body digest food. It is found in vegetables, whole grains and fruit		Activity	Busy or vigorous action or movement
Fats in milk products, meat and fish help your body build healthy nerves and fight off disease.		Healthy	In a good physical or mental condition
		Unhealthy	Not in a good physical or mental condition.
		Nutrition	The process of providing food necessary for health and growth
Protein, which is found in meat, milk, beans and fish, builds muscles and repairs damage.	<p>Links</p> <ul style="list-style-type: none"> - Planning a balanced meal. - Comparing diets of different animals. = Where does out food come from? - Using food preparation skills to plan, design and make a healthy meal. 	Lifestyle	The way in which a person lives.
We must eat 3 meals with a balanced amount of foods from all 5 food groups.		Balanced diet	A diet consisting of different types of food, providing adequate amounts of nutrients.
Water is necessary to keep your body healthy.		Evidence	Facts or information indicating something.
		Choice	The act of choosing between two or more possibilities
Vitamins help your body stay healthy and fight disease. Vitamins are found in fruit and vegetables.		Exercise	Activity requiring physical effort, carried out to sustain or improve health and fitness.
	<p>WOW for Topic</p> <p>Farm/ Making our own smoothies/ picnic</p>	Portion	A part of a whole.
		Energy	Power that is translated into motion.