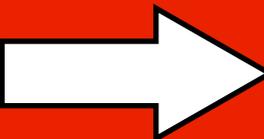


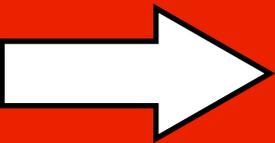
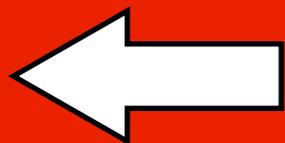
# Growth and Survival

## Today we will be...

Finding out how to eat a healthy and balanced diet.



What is your  
favourite food?



Why do we  
eat food?

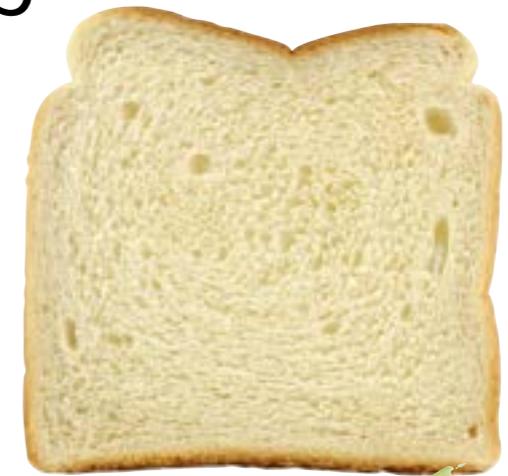


We eat food because we need it to stay alive. Food gives our bodies the energy it needs to move and to grow. Without food, we would not be able to walk, run, talk or even breathe.

We also need food to keep our bodies healthy. Foods contain vitamins, minerals and other nutrients that keep our bodies working properly.

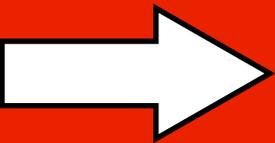
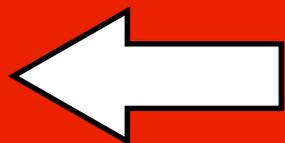


Different types of foods are useful to our bodies for different things so it is important to eat a balance of various foods. We also need to make sure that we eat the right kinds of foods to keep us healthy.



Foods are not all the same. If you only ate one type of food, such as apples or bread, you would soon become ill.

You need to eat lots of different foods to get all the nutrients your body needs.

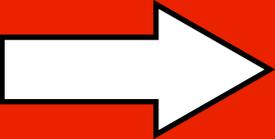
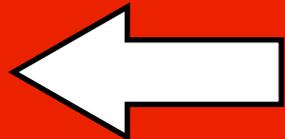


This is a **food pyramid**.

It shows the foods we should eat most of and the foods we should eat least of.

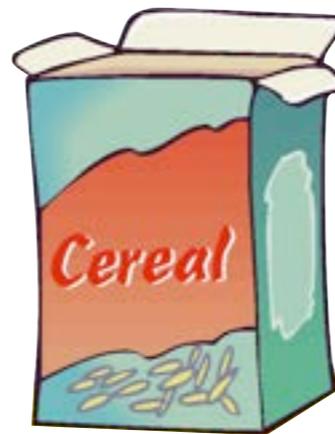


What foods can you see on this pyramid?



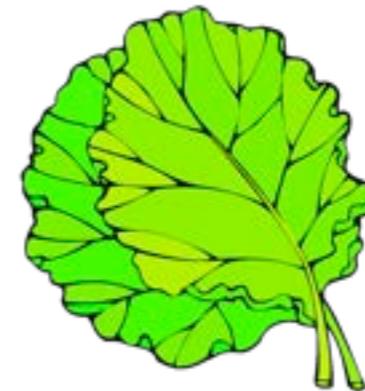
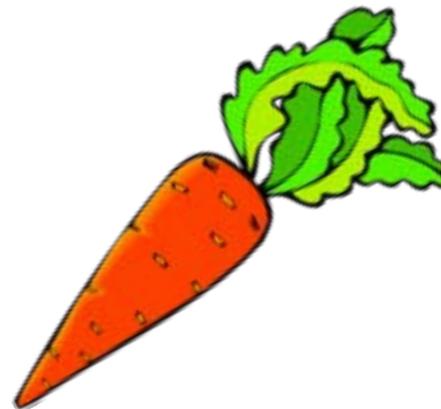
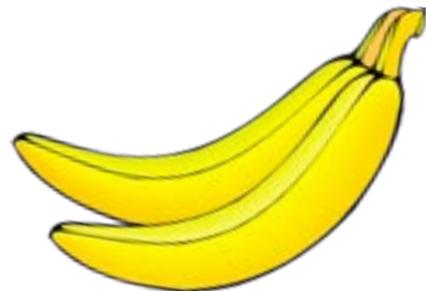
These are the foods you should eat most of.

These foods are called **carbohydrates**. They give you lots of energy. You need to eat a lot of them to keep you going and to help keep you full.

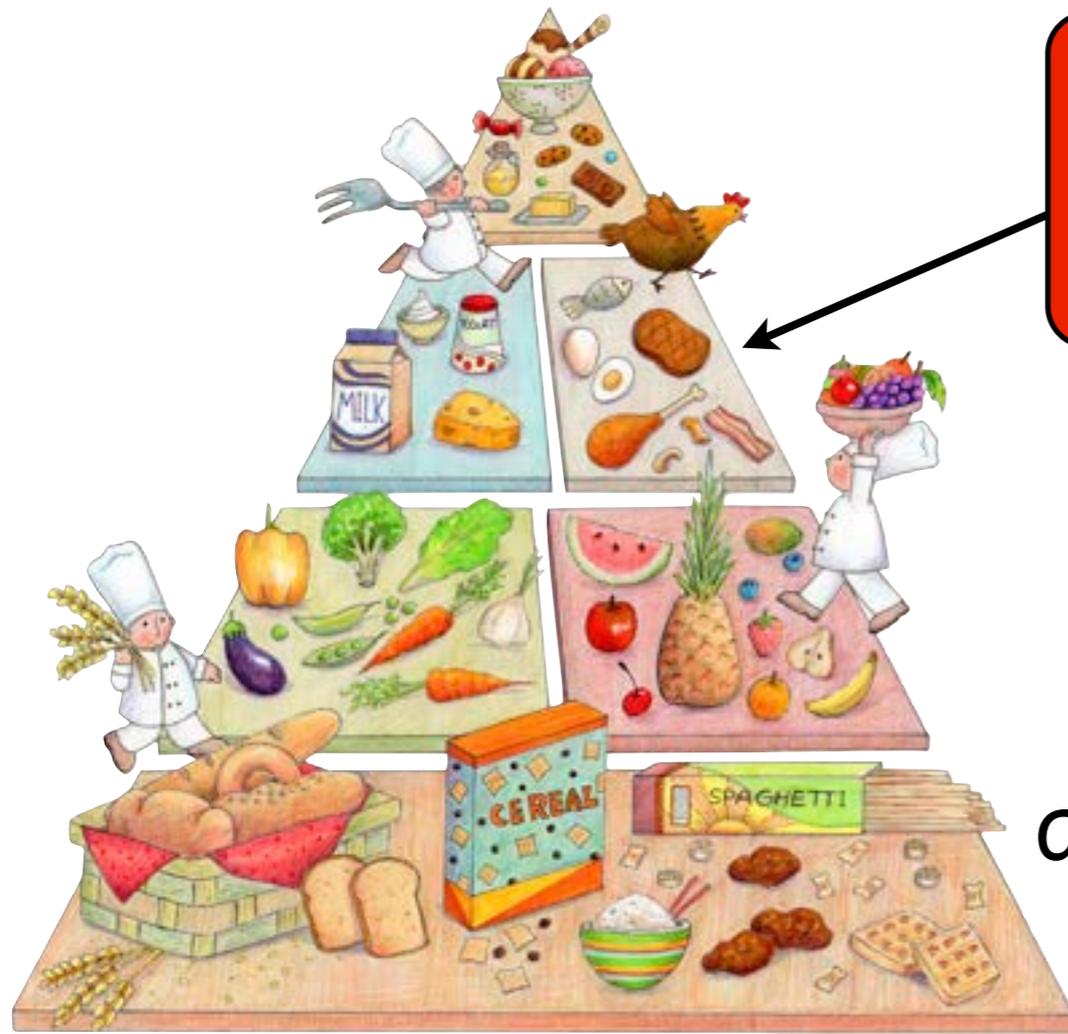


You need to eat almost as much of these foods.

This group of foods contain **fruits** and **vegetables**. These are very important for keeping our bodies healthy as they contain lots of vitamins and minerals.



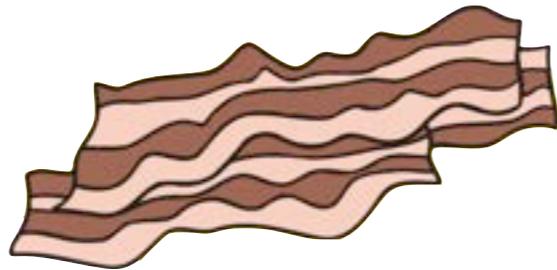
You need to eat a small amount of these foods.



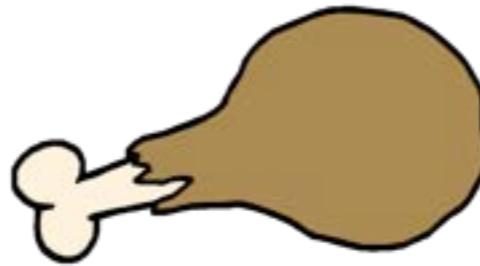
These foods are called **proteins**. They contain **dairy** foods, such as milk and cheese, as well as meat and eggs. Proteins are important for helping us grow well.



**yogurt**



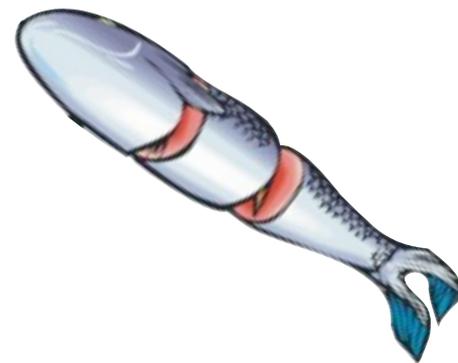
**bacon**



**chicken**

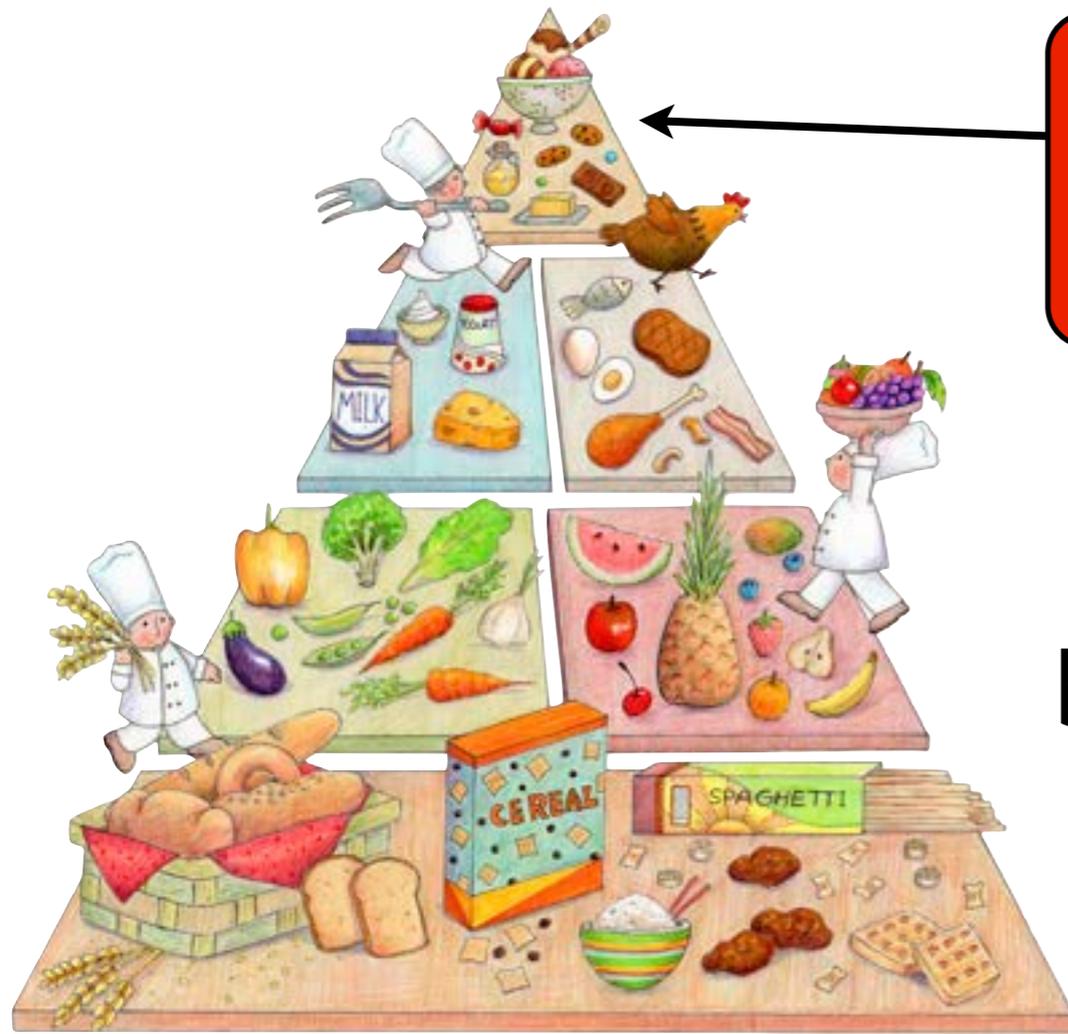


**steak**



**fish**

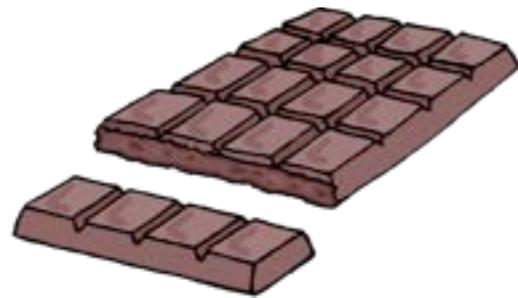
You should only eat a very small amount of these foods.



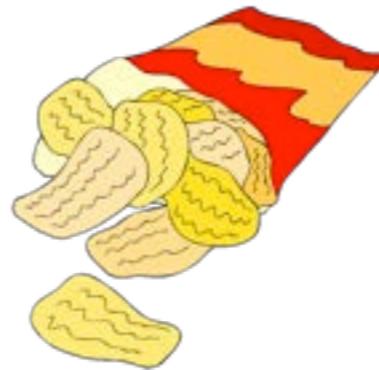
This group contains **fats** and **sugars**. These foods can be very bad for you if you eat too many of them so it is important only to eat them once in a while as a treat.



**cake**



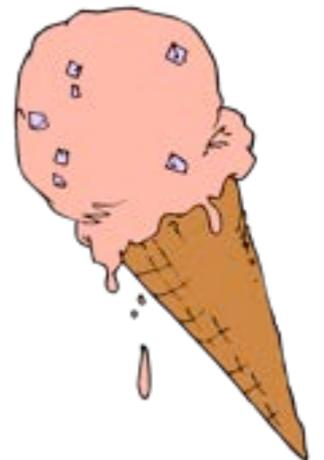
**chocolate**



**crisps**

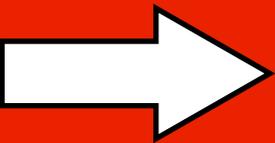
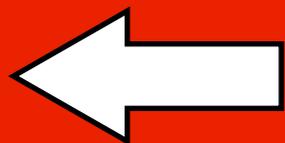


**sweets**

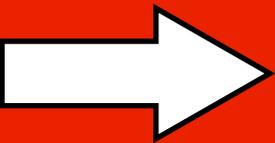
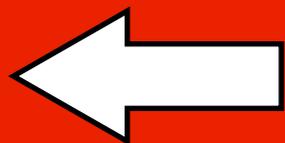


**ice-cream**

This plate shows how much of each type of food you should have in your diet.



Have a look at the meals on the next slide. Which meal do you think is best for you and why?



- Pasta with tomato, onion and mushroom sauce
- Yogurt with raspberries

- Chips with baked beans and ketchup
- Chocolate cake



Which of these meals is the healthiest?



Which of these meals would you most like to eat?