



Human Health and Nutrition



First of all, let's recap some of the things that keep us healthy. Sort the statements in order of importance, with the most important at the top and the least important at the bottom.

visit the dentist regularly.

Try a variety of sports that are fun and keep you active.

Never eat sugary foods.

Eat an apple a day.

Eat a varied and balanced diet.

Clean your teeth at least twice a day.

Do some kind of exercise every day.

Only take medicines that are meant for you and given by a responsible adult.

Get a pet to encourage you to get more exercise.

What do people eat and why?

Discuss with your group the foods you and your family eat and the reasons for choosing these foods.

Possible reasons:

What does the word 'diet' mean?

What do people eat and why?

Discuss with your group the foods you and your family eat and the reasons for choosing these foods.

Possible reasons:

- My grandad eats banana sandwiches for lunch sometimes because they are easy to make and give him one of his 5 A DAY. (Ease and health.)
- My brother likes peaches. (Preference.)
- My aunty doesn't eat meat or fish because she is vegetarian. (Ethical.)
- My sister doesn't eat dairy foods because she has a lactose intolerance. (Medical.)
- My dad takes a sandwich to work for his breakfast because he doesn't have time to have breakfast at home in the morning. (Time.)
- My granny doesn't eat beef because she is a Hindu. (Religion.)

What does the word 'diet' mean?

Write down a statement about what you or someone you know eats and why, eg.

My mum eats gluten free bread because she is allergic to gluten.

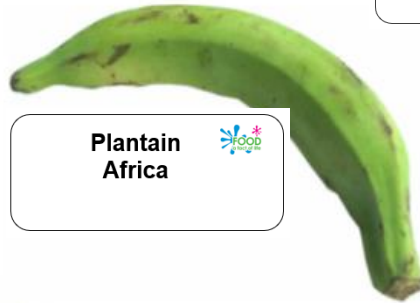
How do meals vary around the world?
What are these foods and where in the world do they come from?



How do meals vary around the world? What are these foods and where in the world do they come from?



Watermelon
China



Plantain
Africa



Lemon
Argentina



Mango
Philippines



Coffee beans
Brazil



Rice
India



Buffalo Mozzarella
Italy



Avocado
Peru



Bananas
Dominican Republic



Coconut
Malaysia

Did you see any of these types of food?:

fruit or vegetables

meat or fish

dairy

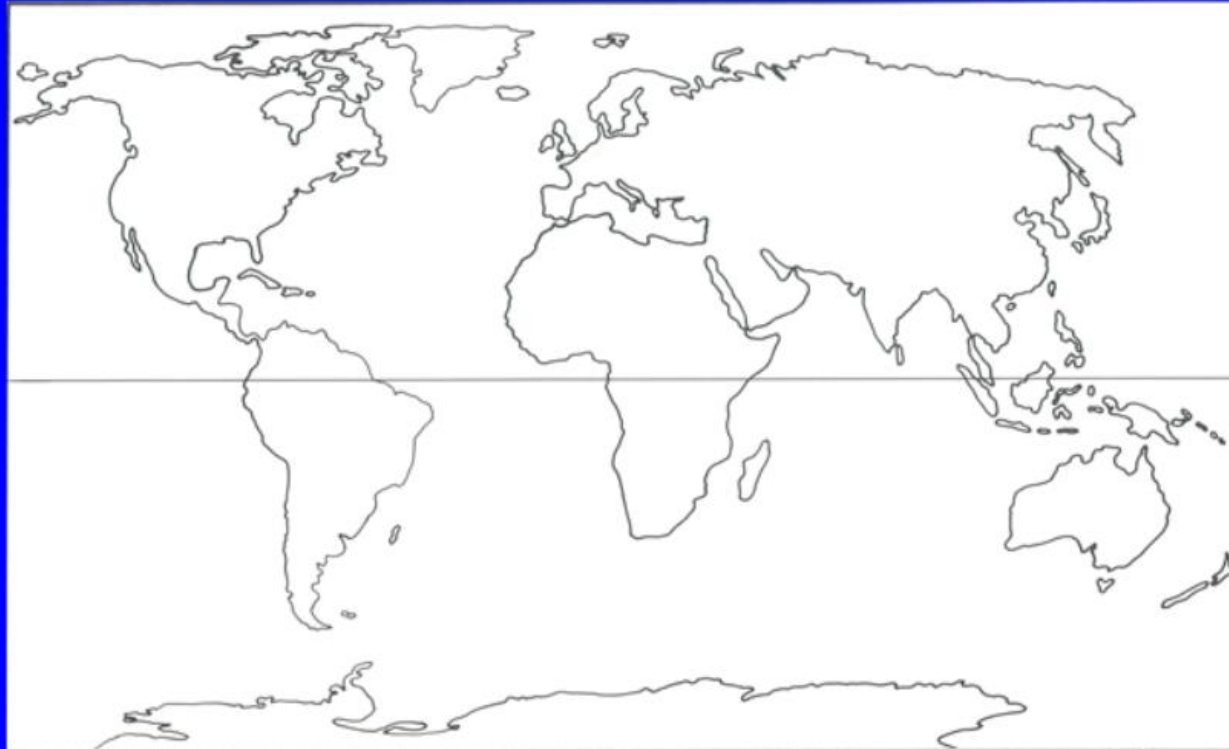
potatoes or food from cereals, e.g. bread,
rice, pasta, noodles

What does this show us?

How could we test to see how healthy
YOUR eating habits are?!

Choose some foods and find out where they originate.

Show this on your world map.



HOMEWORK TASK FOR ALL:

Keep a food diary for two days for us to use next week, and bring in or send in pictures of two or more examples of food packaging with nutritional information.