

Year 1 Nutrition

National Curriculum objectives

Pupils learn about what keeping healthy means and different ways to keep healthy.
Pupils learn about foods that support good health and the risks of eating too much sugar

Key Learning

- To find out what nutrition means and why it matters in relation to a healthy lifestyle.
- To learn about food groups and how these are all part of a balanced diet.

Key Vocabulary

Balanced diet: Contains a variety of foods and all the nutrients needed to be healthy.

Carbohydrates: Foods that are starchy (like bread, pasta, and rice) or are sugary (like candy, cookies, and cake).

Dairy: Foods made from milk such as cheese and yoghurt.

Food groups: Different types of food that meet our bodies' different needs. Often thought of as protein, carbohydrates, dairy, fruit and vegetables, and fats and sugars.

Healthy lifestyle: Eating and exercising so that our bodies work and grow healthily.

Nutrition: Eating food to help us stay healthy and grow.

Protein: Food such as meat, fish, pulses. Protein helps our bodies to repair and grow.

Equipment and Resources

- [Match the animals to their diet](#) - this can be opened on the whiteboard to be used as a whole class activity.
- [Who has a balanced diet?](#) - this can be opened on the whiteboard to be used as a whole class activity.
- [A balanced plate](#) - to view on the whiteboard. There is also a [vegetarian balanced plate](#).
- [Serving Sizes poster](#) - To be used on the whiteboard or printed as a reference in class.
- Hoops – to be used to sort food images

Key Questions

What are the food groups?

What does nutrition mean?

Why should we eat healthy foods?

How much sugar is in your diet?

Safety

- Carry out sessions in a quiet, safe area so that pupils can focus on their thoughts with minimal distraction.