

We have learnt before about having a balanced diet. Can you remember the different groups we should eat food from?



Jul 2-11:23

---

---

---

---

---

---

---

---

---

---

Each of the different groups serve a different purpose. The main reasons we eat food are:

- to keep us healthy
- to give us energy
- to help us grow



Jul 4-17:10

---

---

---

---

---

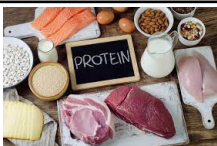
---

---

---

---

---



Meat, poultry, fish, eggs, beans and nuts are all sources of protein. Protein is a nutrient which is important to help us grow and help our bodies to repair themselves. These foods also have something called iron in them and this helps keep our blood healthy.

Jul 4-17:11

---

---

---

---

---

---

---

---

---

---



Milk, yoghurt and cheese are examples of dairy. Dairy foods have lots of calcium in them. Calcium is a nutrient which gives us healthy teeth and bones.

Jul 4-17:21



Carbohydrates include food such as bread, potatoes, pasta, rice and wholegrain cereals like porridge. Carbohydrates are nutrients which give our bodies energy. These foods also give us fibre which helps us to go to the toilet regularly.

Jul 4-17:22



Fruit and vegetables are the biggest section of the plate and are the foods we should have the most of. Examples of these include apples, oranges, broccoli, carrots and onions. They include vitamins and minerals which help to keep us healthy. Fruit and vegetables also contain fibre which helps us to go to the toilet regularly.

Jul 4-17:23

Today, we are going to make a recipe that would give us energy. Therefore, it has to have carbohydrates in it



Oat and raisin cookies

<https://www.annabelkarmel.com/recipes/oat-raisin-cookies/>

Jul 4-17:25

Jul 4-17:25

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---