

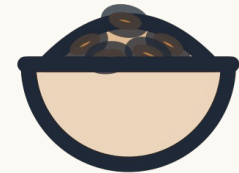
What a body needs

Food has more than one job.

I can explain why a body needs a range of nutrients.



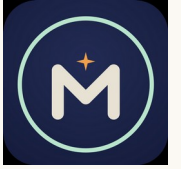
BREAD



RICE



PASTA

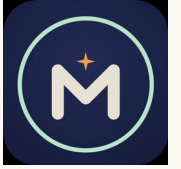


Start with a body job

Think about a model body, not your own meals.

What does food help a body do?

Name, draw or point to one job.

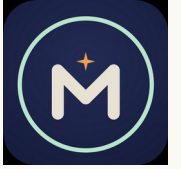


Three things we will do

Match food to body jobs.

Compare what different animals eat.

Explain why variety matters.



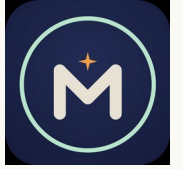
Food can help in several ways

EXAMPLE FOODS

Bread or potatoes
Beans or lentils
Fruit and vegetables

SOME OF THEIR JOBS

Starchy carbohydrate gives energy.
Protein supports growth and repair.
Vitamins, minerals and fibre.



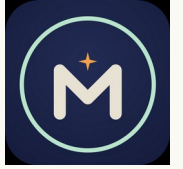
Water matters too

Water helps move substances around the body and helps control body temperature.



WATER

Water does not supply food energy.



Name one job, then check

Bread or potato: which body job fits?

Beans or lentils: which job fits?

Give your reason before the explanation.



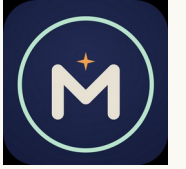
BREAD



RICE



PASTA

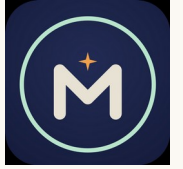


Can one food do more than one job?

Beans can provide protein and carbohydrate.

Fruit and vegetables provide different nutrients.

Why might a range of foods help?



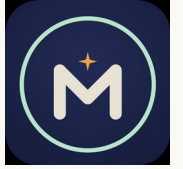
Different animals, different needs

EXAMPLE ANIMALS

Cow
Owl
Caterpillar
Goldfish

EXAMPLE FOOD LINKS

Grass
Mouse
Leaves
Suitable fish food



Build a reason with because

A model body needs a variety of foods because foods provide different nutrients.

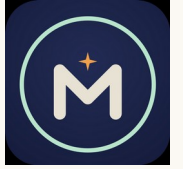


FRUIT



VEG

One food can do several jobs; it does not provide everything.



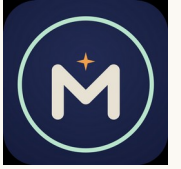
Match and challenge a claim

MATCH THE EXAMPLES

Cow — ?
Owl — ?
Caterpillar — ?
Goldfish — ?

CHECK THE CLAIM

“Every animal needs the same food.”
Agree or correct it.
Use two examples as evidence.



Compare two choices and save

Choose two animals and two food cards.

Would the same food suit both examples?

Explain or point to your evidence.

Save the cards and your reason.