

# Food and Nutrition





# Nutrients



Carbohydrates

Fats

Proteins

Vitamins

Minerals

Fibre



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give our bodies energy





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help our bodies grow



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help our bodies grow



help our bodies  
function correctly



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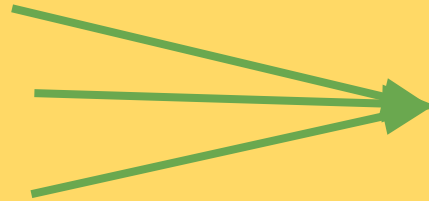
Fibre



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# GAME

What nutrients are in this food?

What nutrients are in this?



What nutrients are in this?



What nutrients are in this?



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# SONG

Food Pyramid

<https://www.youtube.com/watch?v=Mwp6q3jGrG0>



# GAME

Name a food that has...





**Name a food that has  
carbohydrates**

The background is a solid yellow color. There are three large, partial circular outlines: a white one on the left, a white one in the top right corner, and a green one at the bottom center.

**Name a food that has  
fats**



**Name a food that has  
protein**

The background is a solid yellow color. There are three large, partial circular shapes: a white one on the left, a white one in the top right, and a green one at the bottom center.

**Name a food that has  
vitamins**



# VIDEO

The Very Hungry Caterpillar

<https://youtu.be/75NQQ-Sm1YY>



# GAME

TRUE or FALSE?



TRUE or FALSE?

**Bread contains  
carbohydrates.**

TRUE or FALSE?

**Broccoli is a fat.**

TRUE or FALSE?

**Butter is a fat.**

TRUE or FALSE?

**You need more  
vegetables than meat.**

TRUE or FALSE?

**You need more butter  
than vegetables.**

TRUE or FALSE?

**Spinach is healthy.**

TRUE or FALSE?

**Candy is healthy.**

TRUE or FALSE?

**Apples are healthy.**



TRUE or FALSE?

**Bananas are  
unhealthy.**

TRUE or FALSE?

**Spaghetti contains  
carbohydrates.**

TRUE or FALSE?

**Rice contains  
carbohydrates.**