

What are the key parts of a healthy diet?

Downloadable Resource

Miss Hummel



Complete this task:

Write down the seven major nutrients.



Complete this task:

Write down the definition of a balanced diet.



Answer these questions:

1. What is a diet?
2. What is a balanced diet?
3. What 7 nutrients do humans need to eat?



Answers:

1. Diet is the food and drink that a person consumes.
2. A balanced diet is eating the right types of food in the right amounts so that the body gets the nutrients it needs.
3. The seven essential nutrients are: carbohydrates, protein, fat, minerals, vitamins, fibre and water.



Copy this table into your notes in preparation for the rest of our lesson:

Nutrient	Found in	Role
Carbohydrate		
Fibre		
Protein		
Fat		
Minerals		
Vitamins		
Water		



Answer these questions:

1. What is the role of protein in the body?
2. Why is some fat in the diet important?
3. Name a mineral and its role in your diet.



Answers:

1. Proteins are responsible for growth and repair.
2. Fat is important in our diet as it provides a store of energy, protects organs and keeps us warm.
3. An example of a mineral is calcium. Calcium is needed for the growth of healthy teeth and bones.



Balanced diet or not?



Balanced diet or not?



Activity:

Design a menu for yourself which you think would incorporate a nice mix of foods and would therefore fit the definition of a balanced diet.

