

Why do people with different lifestyles need different diets?

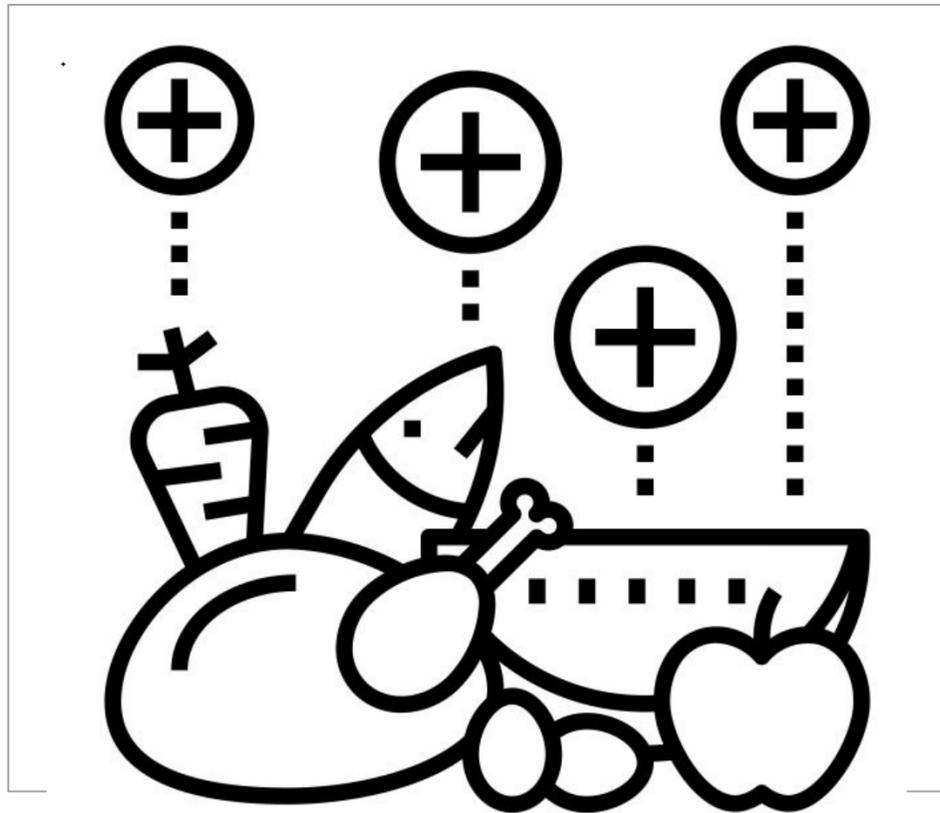
Science

Miss Hummel



Activity - What do we need in a balanced diet?

Nutrient



There are 7 essential nutrients needed by the body. These are:

- C _____
- F _____
- P _____
- F _____
- W _____
- M _____
- V _____

Credit: Nutrition by Nithinan Tatah from the Noun Project



Activity - Match up the nutrient to its role in your diet:

Protein	Release energy when broken down.
Fibre	Growth and repair.
Carbohydrates	Stores energy, keeps you warm and protects your organs.
Fat	Keeps food moving through the gut.



What is a balanced diet?



Credit: NHS - Eatwell plate



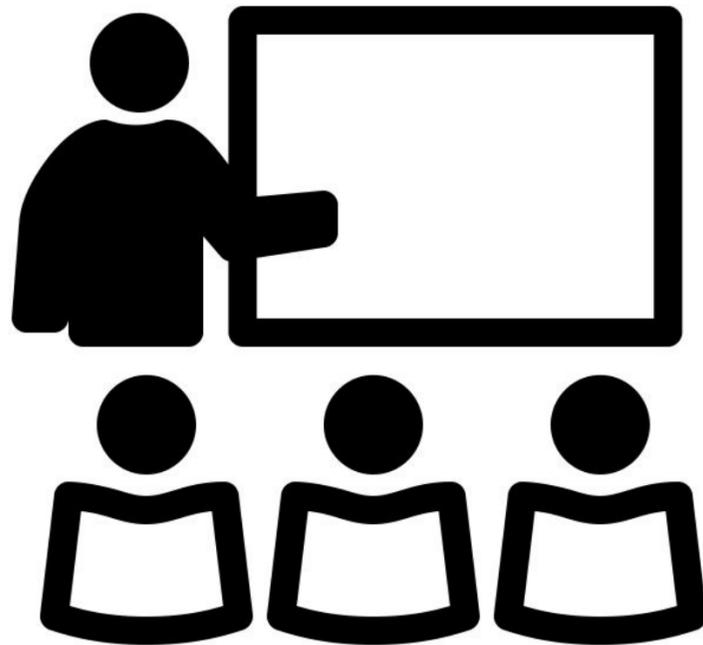
Complete this task:

1. Can you think of three factors which might affect how much energy someone will need?



Activity - Who needs the most energy? Why?

A teacher



An office worker



A builder



Credit: Teacher by Arif Fajar Yulianto from the Noun Project; Office worker by Mundo from the Noun Project; builder by Wilson Joseph from the Noun Project



Activity - Who do you think should eat the most in each row?

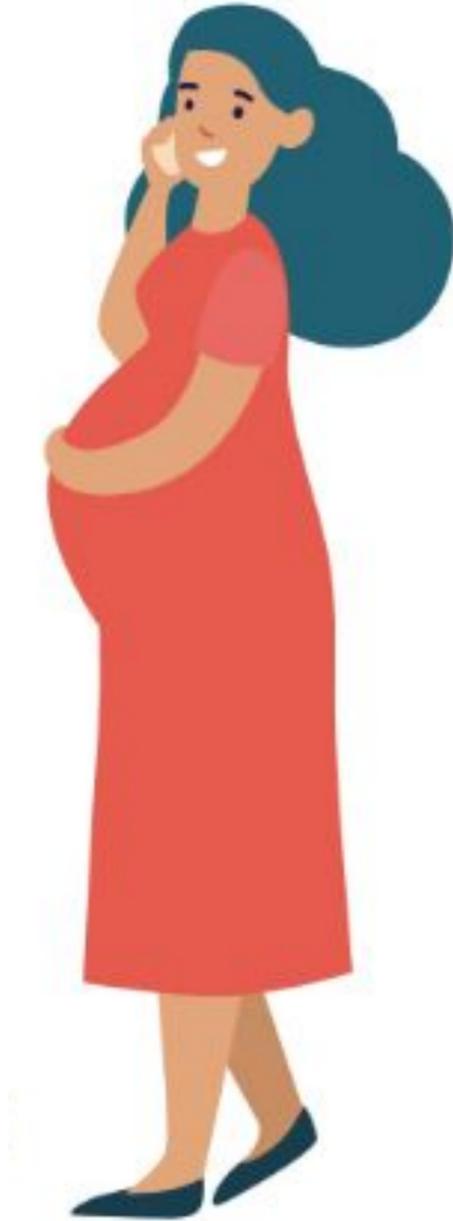
A teacher	An accountant (sits at a desk)
A 5 foot man	A six foot man
A three year old child	A 30 year old person
A professional footballer	A Tesco employee
A teenage gardener	A middle aged gardener



Activity - Who needs the most energy? Why?



Activity - Who needs the most energy? Why?



Activity - What is a nutritional deficiency?

1. What is a nutritional deficiency?
2. Who can get a nutritional deficiency?
3. What causes scurvy?
4. What are the symptoms of scurvy?



Answers:

1. A nutritional deficiency means you do not have enough of one or more nutrients in your diet.
2. Anyone who does not eat enough of each type of nutrient.
3. Scurvy is caused by a lack of vitamin C.
4. The symptoms of scurvy include bones breaking easily and teeth falling out.



Activity - Complete the table:

Advantages of Kewl	Disadvantages of Kewl



Do you think schools should use Kewl? Explain your decision.

