

Our Need for Food

Chapter 7: Our Need for Food · Topic 1

Key Concept

We need food for energy to play, work, and grow, and different foods give us different nutrients our body needs.

Food comes from plants (fruits, vegetables, grains) and animals (milk, eggs, meat), each providing different benefits.

A balanced diet includes a variety of foods eaten in the right amounts, keeping our body healthy and strong.

Eating too much junk food or too little healthy food can lead to health problems, so we must choose wisely.

Quick Revision Notes

- Food gives energy for play, work, growth.
- Different foods give different nutrients.
- Food comes from plants and animals.
- Examples: fruits, vegetables, milk, eggs.
- Balanced diet includes variety of foods.
- It's eaten in right amounts.
- Too much junk food harms health.
- We must choose food wisely.

Practice Questions

- 1 List three foods that come from plants.
- 2 List three foods that come from animals.
- 3 Discuss what a balanced diet looks like.
- 4 Draw your favourite healthy meal.
- 5 Discuss why junk food should be limited.
- 6 Talk about your family's daily meals.