Week 2: Amount of Nutrition

**LO: To compare and group animals by their diet**

1. Open your presentation and using page 1, discuss the similarities and differences between the well-being plate and nutrients pyramid. Remind your child of last week and their learning.

2. Work through the presentation-talk about why we need to drink water and what would happen if we didn’t drink enough water? Next, talk about different types of nutrients and explain that humans need 6 types of nutrients to be healthy-Protein, Carbohydrates, Fats, Minerals, Vitamins and Fibre.

3. Next talk about saturated and unsaturated fats and the differences between the two. Challenge your child to think of different foods which contain either of these fats. Make a list in your ‘everything book’. Complete the sorting activity in the presentation.

4. Once you have completed the sorting activity. Have fun trying to match the pie chart with the animals and human. Think about what types of food you eat and what types of food you would expect the different animals to eat. (Think back to the well-being plate and nutrient pyramid-this will help you) Once you have revealed the answers, read through the rest of the presentation, explaining what amount of nutrients different animals need.

5. Once you have worked through the presentation. Complete the sheet. The sheets are differentiated. It would be great to hear that everyone is challenging themselves. Don’t worry if you make some mistakes, we all do!

\* -easy

\*\* -harder

\*\*\*- hardest

You can either print the sheet and stick it into your ‘everything book’, or if you don’t have a printer, write/draw the sheet in your ‘everything book’. If you would like to make additional notes into your book from the presentation, that would be ok.

Have fun!

Challenge: Which foods contain the most amount of protein? What about carbohydrates and fat?