

Week 1: Types of Nutrition

LO: To explain how living things obtain food

LO: To state why animals, including humans need the right type of nutrients

1. Before you open the presentation, have a chat about why living things need food. Support your child with answers if necessary. Once your child has exhausted all their answers, open the presentation and reveal the pictures to check that all the main answers have been given.
2. Next, look at plants and how they obtain their food. Using the presentation, talk about photosynthesis and what plants need to photosynthesise. Talk about the differences between the way humans, animals and plants obtain food. Support your child to answer the question: What would happen if animals tried to obtain their food in the same way as plants?
3. Work through the presentation. Talk about what different type of foods humans need to be healthy. Then look at the well-being plate and nutrient pyramid. Talk about any similarities and differences. Challenge your child to add other foods to both the plate and pyramid.
4. 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: Find out what nutrients different plants and animals need (e.g compare the nutrients needed by a Rose to those needed by a lemon tree)

.