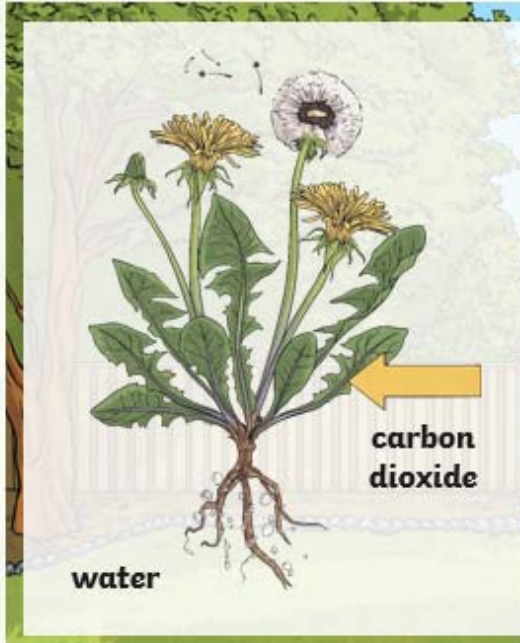


# Lesson Two

Tuesday 2nd June 2020

## Photosynthesis



### How do plants obtain food?

Plants make their own food! This process is called **photosynthesis**.

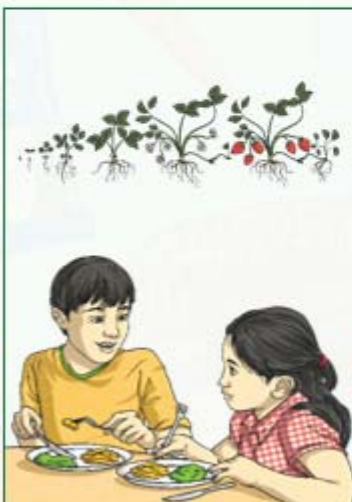
They use water, sunlight and carbon dioxide (a gas in the air) to produce food in their leaves.

## Living Things and Food



Why do living things need food?

To grow



To be strong



To be healthy



## Types of Nutrients - **Proteins**



**Proteins help your body to grow and repair itself.**

Foods high in protein include:

Red Meat  
Fish  
Beans  
Yoghurt

## Types of Nutrients - **Fats**



**Fats give you energy.**

Foods high in fats include:

Nuts  
Oils  
Avocados  
Butter

## Types of Nutrients - **Carbohydrates**

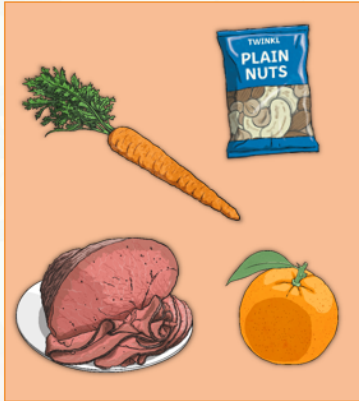


**Carbohydrates give you energy.**

Foods high in carbohydrates include:

Bread  
Pasta  
Fruit  
Potatoes

## Types of Nutrients - **Vitamins**



**Vitamins keep your body healthy.**

Foods high in vitamins include:

Oranges  
Carrots  
Beef  
Nuts

## Types of Nutrients - **Minerals**



**Minerals keep your body healthy.**

Foods high in minerals include:

Milk  
Spinach  
Salt  
Sweetcorn

## Types of Nutrients - **Water**



Water helps to move nutrients in your body and get rid of waste that you don't need. It is an essential nutrient for our survival. While it is really important to drink plenty of water, it is also important to remember that many foods contain water also.

**Foods high in water include:**

Tomatoes  
Cucumbers  
Lettuce  
Strawberries

## Types of Nutrients - **Fibre**



**Fibre helps you to digest the food that you have eaten.**

Foods high in fibre include:








Cereal  
Apples  
Wholegrain bread  
Lentils



# What Do Nutrients Do for Us?



Match the nutrient type with the reason why humans need it. One is done for you.

Nutrient Type	Why We Need It
Protein 	Keeps you healthy
Carbohydrates 	Moves nutrients in the body Cleans waste
Fats 	Helps you digest food
Vitamins 	Keeps you healthy
Minerals 	Gives energy
Water 	Grows and repairs your body
Fibre 	Gives energy