Concept: Ecosystems – What all living things need and starting to understand how they depend on each other.

Vocabulary

nutrition: getting the food that is needed for healthy growth

nutrient: something that plants or animals need to live or grow

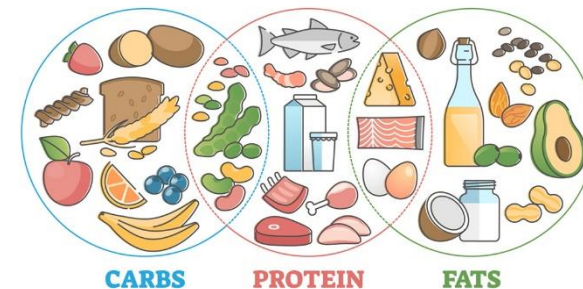**food group**: foods that share similarities in the nutrition that they provide

Vitamin A Foods	Immune System / Helps vision in dim light / Keep Skin Healthy
Vitamin B Foods	Nervous System / Release energy from food / Healthy Blood
Vitamin C Foods	Helps Wound Healing / Healthy Cartilage Cells / Keep Bones Healthy
Vitamin D Foods	Keep Teeth Healthy / Strengthens Muscles / Keep Bones Healthy
Vitamin E Foods	Keep Skin Healthy / Healthy Cartilage Cells / Healthy Eyes
Vitamin K Foods	Help Wound Healing / Healthy Blood / Healthy Bones

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates

Oil & spreads

Choose unsaturated oils and use in small amounts

Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Dairy and alternatives

Choose lower fat and lower sugar options

Eat less often and in small amounts

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g:697kJ/167kcal

The traffic light label is colour coded and shows that green is low in a particular nutrient, amber means medium and red is high in a nutrient

MACRONUTRIENTS

CARBS   PROTEIN   FATS

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