

CurriculumVisions Lesson

Students: fill in next to the word answer and return the document for assessment.

Science

Book: Food and a healthy diet (3A)

Pages 4-11

Everything here is based on our Curriculum Visions book Food and a healthy diet (3A).

In this segment we are going to think about the importance of food to our health.

You will need to go to pages 4-5 of the book.

Part 1

Write down some different types of foods and where they are eaten.

Answers could include.....

Maize in central or south America; rice in Southeast Asia; bananas in central Africa. You can also encourage students to search for foods in other countries using the internet, or to use foods from where their families are from.

Go to pages 6-7. Write down the foods you ate for breakfast, lunch or dinner yesterday. What flavours were added to make the foods tastier?

Answers will vary.....

Go to pages 8-9

Choose a meal that you have eaten recently, such as breakfast this morning or dinner last night. Write down all the different foods that were in the meal (for example, cereal, toast, milk). Now, write down what food group each food is in.

Answers will vary.....

Go to pages 10-11

Draw a food pyramid and label it with the different foods in each food group. You could also draw pictures of the foods in each group.

Answers will vary.....

If you are interested in this topic, continue to browse the book and watch our amazing videos. They start right on the book cover.