Staying healthy

Background knowledge
All living things need food and water to stay alive. Foods such as milk, meat, fish, eggs, and nuts contain **proteins** that help you grow. Other foods, such as fruit, bread, and pasta, contain **carbohydrates** that give you energy to move and play. Fats such as oil, butter, and margarine also give you energy. Fruits and vegetables contain important **vitamins** and **minerals** that keep you healthy.

Science activity
Here are some of the foods that Jeremy found in the kitchen. He read the labels to find out which foods contain fats and which contain proteins.

![Foods diagram](image)

Do any of the foods contain mainly fats? If so, which ones?
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Do any of the foods contain mainly proteins? If so, which ones?
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Which foods will help Jeremy to grow?
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Science investigation
Keep a log of what you eat for one week. Draw pictures of the food and the size of your portions. How healthy is your diet? Could you make it healthier?
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Science activity
Here are some of the foods that Jeremy found in the kitchen. He read the labels to find out which foods contain fats and which contain proteins.

![Diagram showing Venn diagram with categories Fats and Proteins]

Do any of the foods contain mainly fats? If so, which ones?
Butter and margarine

Do any of the foods contain mainly proteins? If so, which ones?
No

Which foods will help Jeremy to grow?
Cheese, corned beef, peanuts,
sardines, and sausages

Science investigation
A balanced diet is very important, particularly for a growing child.