

The Primary Stage of Grades (4-5) School Year 2022 - 2023

Name: _____

Subject: Science
Study Sheet #1: Healthy diet

Date: / /

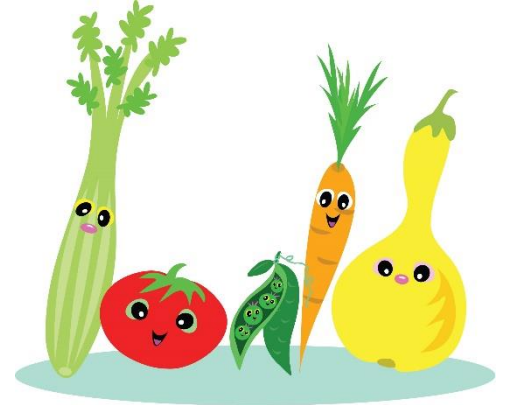
Class: Grade Four National (All Sections)

Objective/s:

- Identify balanced diet components.
- Know the importance of different nutrients our body need, and where it can be found in our food.

Healthy and balanced diet:

- Our food comes from plants and animals.
- When we eat food and digest it, our bodies can use the energy stored in food.
- The food we usually eat is called our diet.
- We need to have a **balanced diet** in order to stay healthy. A balanced diet includes the right amounts of different types of food.



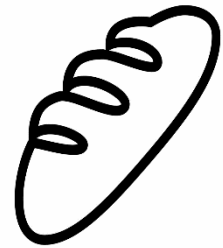
Different types of food contain different nutrients:

- 1- Carbohydrates.
- 2- Vitamins and minerals.
- 3- Proteins.
- 4- Dairy products.
- 5- Fats and oils.

1. Carbohydrates

Found in rice, bread, pasta, cereal and potato.

They provide us with energy that we can use quickly and easily.



2. Vitamins and minerals:

Found mainly in fruits and vegetables.

They help to keep us healthy.



3. Proteins:

Found in eggs, beans, meat, chicken and fish.

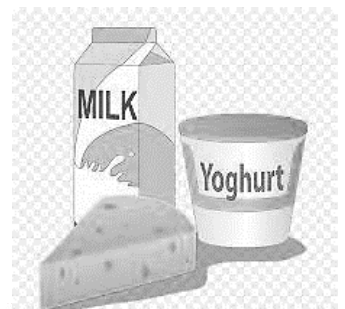
Proteins help us grow, build muscles and repair damaged cells.



4. Diary Products:

Found in milk, cheese and yogurt.

Dairy products help us to have strong bones and teeth.



5. Fats and oils:

Fats are found in oils, butter and nuts.

Fats are stored in the body and they give us energy.

Too much of fats can cause heart diseases.



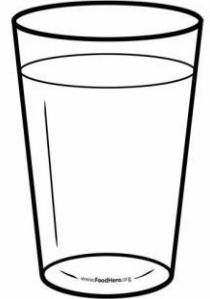
Also, our diet must include the following:

Water:

We need water because it has important functions in our bodies:

- 1- Water in sweat cools you down.
- 2- We need water for body processes such as digestion.
- 3- Digested food and waste products are dissolved in water (blood) all around the body.

We need to drink 6-8 cups of water a day.



Fibers:

Fiber helps food to pass easily through the digestive system. It comes from plants.

Foods that contain lots of fiber are vegetables, fruits, beans, lentils, brown rice and whole- wheat bread.

Remember !

We should consume the least amount of Sugary foods.

Too much sugary foods can **cause tooth decay** and make you **overweight**, it can also lead to **diabetes**.








Vitamins and minerals our body need:

Vitamins	Importance	Found in
Vitamin A	For vision.	Carrots
Vitamin D	For strong bones and teeth.	Sun
Vitamin C	Fighting diseases	Citrus fruits like Orange
Vitamin E	Keeps our skin healthy.	Vegetable, oils, Nuts

Minerals	Importance	Found in
Iron	To have healthy blood.	Meat, green leaves (spinach)
Calcium	Builds strong bones and teeth.	Milk and dairy products

A Balanced plate

-  Fruit and vegetables
-  Grains, cereals and potatoes
-  Dairy products
-  Meat, fish, nuts and eggs
-  Fats and sugars

