

## Grade 3: Lesson 3

### **Science Concept: A Balanced Diet**

Our diet is made up of all the foods we eat and the drinks we drink every single day. A balanced diet provides our bodies with the right amount of nutrients that we need to be healthy. It provides us with energy and helps us to do things like fight diseases and get a good night's sleep.

### **Fun Facts**

- The foods we eat which contain a lot of vitamins and minerals are called *Glow Foods* because they make our skin glow and protect our bodies from diseases.
- The foods we eat which contain a lot of fats and carbohydrates are called *Go Foods* because they give us energy.
- The foods we eat which contain a lot of protein are called *Grow Foods* because as we grow older, taller and stronger, they help to build our bodies.



## Supplementary Teaching Video Link:

Watch the video below for today's lesson!

<https://www.brainpop.com/health/nutrition/nutrition/>

## Science Concept Reinforcement Questions:

Hey guys! Answer these questions based on the video you just watched.

1. Human beings are heterotrophic. We get our nutrients from\_\_\_\_\_.
2. Two nutrients that we can get from vegetables are \_\_\_\_\_and \_\_\_\_\_.
3. Three foods that are high in protein are \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.
4. The nutrient which contains the most energy is \_\_\_\_\_.
5. \_\_\_\_\_ and \_\_\_\_\_ are two factors which affect how much of each food group we should eat.
6. Who needs more calories?
  - a) People who exercise often
  - b) People who do not exercise often

## Supplementary Concept Reinforcement Exercises

Time to test your knowledge!

1. A balanced diet contains the right amount of \_\_\_\_\_.
2. Give two reasons why it is important to eat a balanced meal:
  - i.
  - ii.

## Math Questions

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## Scratch Software

Create an animation showing a plate with a balanced diet. Try and make a plate using **your** favourite foods!

## **Scratch Software Resource Links**

Here are some helpful links for you!

<https://www.sciencebuddies.org/science-fair-projects/references/adding-images-sprites-to-a-scratch-program>

<https://junilearning.com/blog/coding-projects/how-to-make-scratch-sprite-move/>

<https://code.tutsplus.com/tutorials/creating-backdrops-and-sprites-in-scratch--cms-24121>