

Nutrition and Diet

Animal diets

- **diet** – the food a living thing needs



- **herbivore** – an animal that eats plants



- **carnivore** – an animal that eats other animals



- **omnivore** – an animal that eats other animals and plants



Factual Knowledge

Humans need to eat a healthy, balanced diet to maintain good health.

Humans should eat a wide variety of foods and consume the right amount to maintain a healthy body weight.

Animals need the right type and amount of nutrition. They cannot make their own food, instead they get their nutrition from what they eat.

Some animals are carnivores – they eat other animals.

Some animals are herbivores – they only eat plants.

Some animals are omnivores – they eat plants and other animals.

All humans need a balanced diet including food from all five food groups.

1. Carbohydrates
2. Protein
3. Dairy products
4. Fat
5. Sugar

There are a variety of human diets including vegan, vegetarian, pescatarian and omnivorous diets.

People who eat a vegan diet get protein from sources that are not animal products.



Food groups

- **carbohydrate** – food such as bread, cereals, pasta



- **protein** – food such as eggs, beans, fish and meat



- **dairy product** – food made from the milk of an animal



- **fat** – food such as avocados, oil, butter, fried food and nuts



- **sugar** – a substance used to make food and drinks sweet

