



Balanced Human Diet

3.3.6

Lesson Intentions

1. Understand the term balanced diet
2. Learn the main human food groups
3. Understand how variety and moderation are important in having a balanced diet
4. Draw a human food pyramid
5. Relate human diet to age, gender and activity level
6. Learn the recommended daily servings of each of the main food groups

Balanced Diet

Taking the correct amounts of all the essential nutrients in the diet

Carbohydrate

Protein

Fat

- Minerals

- Vitamins

- Fibre

- Water

Amount of food required

Depends on

Age

Young adults need more than older individuals

Gender

Males need more than females

Activity

More active individuals need more than less active people

Food Groups



Food Groups

Breads and cereals

Fruit and vegetables

Meat, fish and poultry

Milk and milk products

Fats, oils and alcohol

The Food Pyramid

For adults, teenagers and children aged five and over

Not essential for maintaining good health.

Foods and drinks high in fat, sugar and salt



NOT every day

! Maximum once or twice a week

Fats, spreads and oils



In very small amounts

Meat, poultry, fish, eggs, beans and nuts



2 Servings a day

Milk, yogurt and cheese



3 Servings a day
 3 for children age 9-12 and teenagers age 13-18

Wholemeal cereals and breads, potatoes, pasta and rice



3-5* Servings a day
 *Up to 2¹ for teenage boys and men age 19-30

Vegetables, salad and fruit



5-7 Servings a day

Essential for good health. Enjoy a variety every day.

*Daily Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice

Active	Child (5-12)	Teenager (13-18)	Adult (19-30)	Adult (31+)	Inactive	Teenager (13-18)	Adult (19-30)	Adult (31+)
	↑	3-4	4	4-5		3-4	↓	3
↑	3-5	5-7	5-7	4-5	↓	4-5	4-6	4

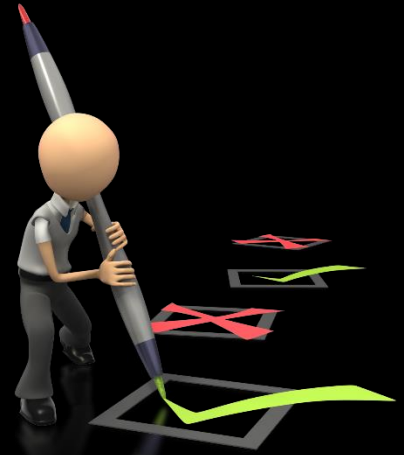
There is no guideline for inactive children as it is essential that all children are active.

Drink at least 8 cups of fluid a day - water is best

Get Active
 To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week (for 150 minutes a week); children need to be active at a moderate to vigorous level for at least 60 minutes every day.

Learning check

- Define Balanced diet
- List the five main food groups
- Give two general ways to ensure a balanced diet
- Draw a human food pyramid
- State the recommended daily average number of servings of each food groups



End