

Stranded on a desert island!

Imagine you are stranded on a desert island and awaiting rescue...

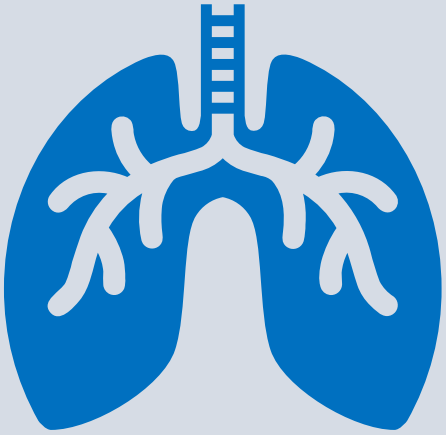
Think about:

- ✓ **What do you need to know about the island?**
- ✓ **What do you need to survive?**



4 Key Things for Survival

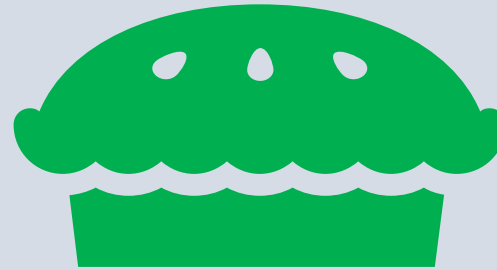
Animals, including humans, need **four key things** to **survive**:



Air



Water



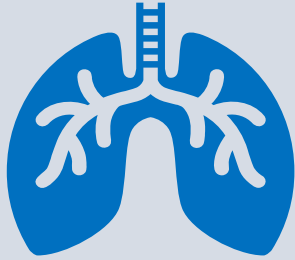
Food



Shelter

What humans need

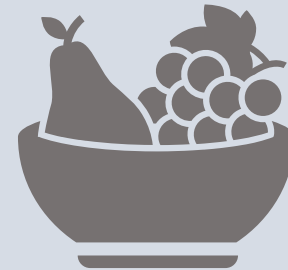
However, **good nutrition** and **exercise** are desirable for a **healthy human life**.



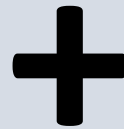
Air



Water



Good Nutrition



Food



Shelter

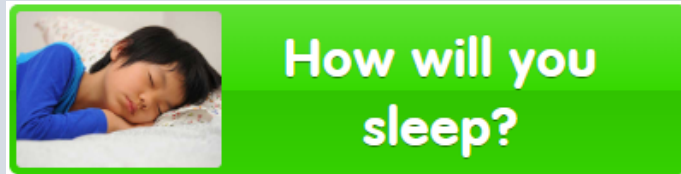


Exercise

Planning for survival

Today you will be **planning how to ensure that you meet your basic survival needs** on a desert island by considering questions.

For example:





Balanced Diet

To classify food and understand a balanced diet.

Key Information

We know that humans need food to stay alive.

Any form of food is suitable in the short term but not in the long term – why?



**MODEL
ANSWER!**

Food is the way that nutrients enter the body. Humans need a range of nutrients to help maintain a healthy body. Therefore, you need to eat a variety of different food types in order to stay healthy in the long term.

What influences the foods we eat?



**TOP
FACT!**

Historically, what you ate depended on what you could find and was available in your country.

Now we have access to a broader range of foods, it's even more important to be aware of what makes a healthy diet.

Classifying Foods

How many different ways could we group these foods? (e.g. foods from plants)



It is

It is not

Classifying Foods

Five main food groups make up the Eatwell Plate which you can use to plan a balanced diet.

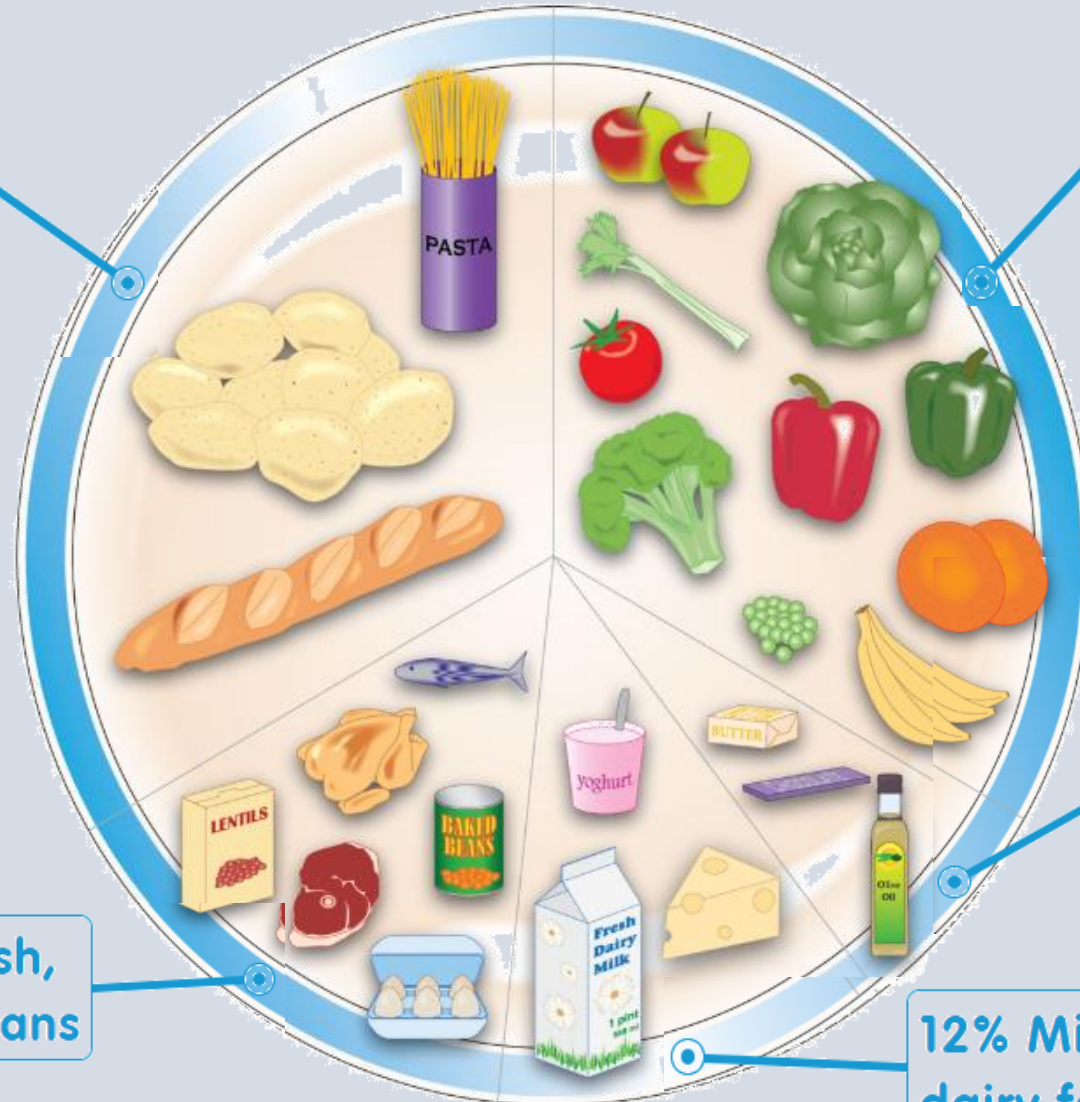
33% Bread, potatoes, and other cereals

33% Fruit and vegetables

7% Food and drinks high in fat and/or sugar

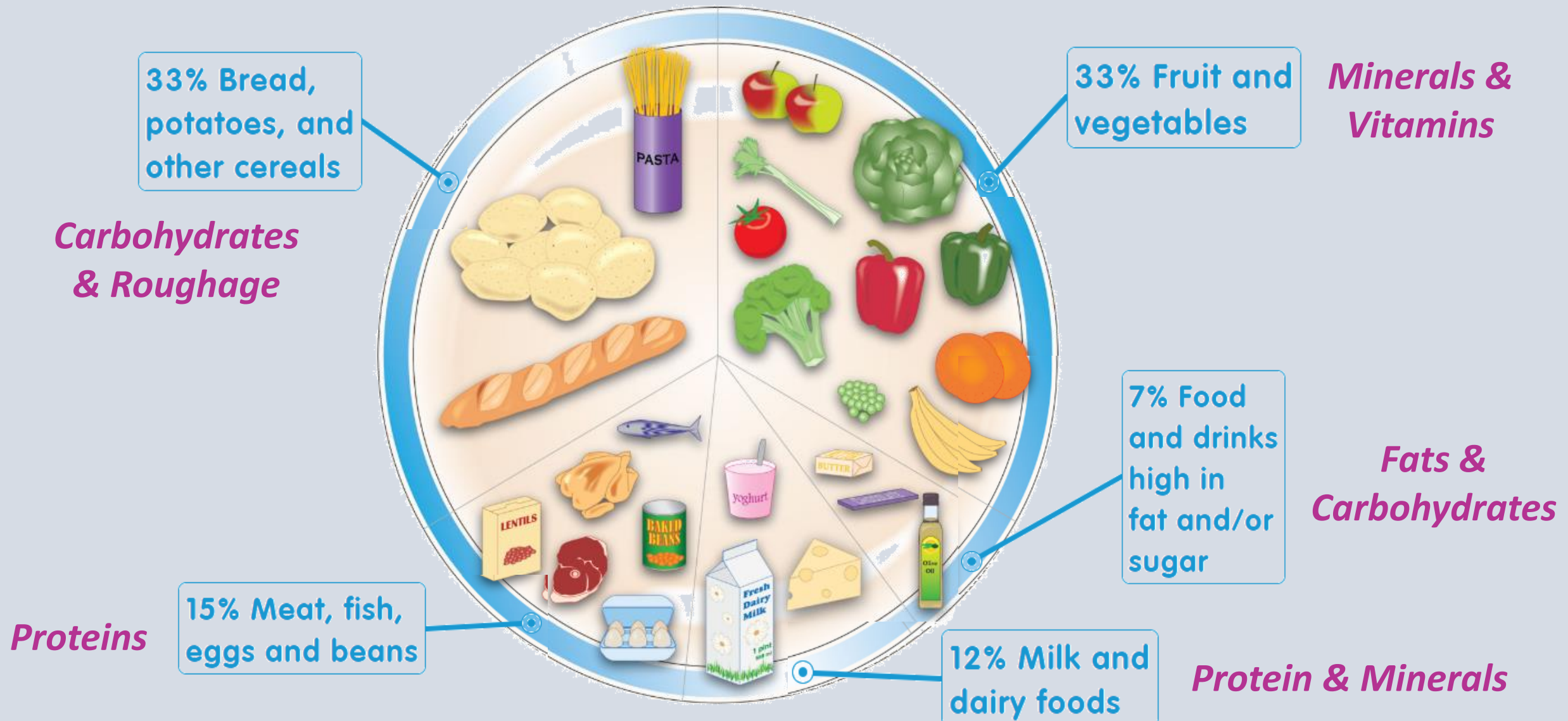
15% Meat, fish, eggs and beans

12% Milk and dairy foods



Classifying Foods

We can also **classify** foods by the **nutrients** that they contain.



What do the nutrients do?

Carbohydrates	Proteins	Fats
Provide you with energy to move and help you keep warm	Needed for growth.	Used to keep us warm.

Roughage	Minerals and Vitamins
Keeps the digestive system healthy.	Keeps your body healthy. Vitamin C keeps your gums, skin and joints healthy. Calcium is a mineral which is vital for healthy bones and teeth.

Your Task

Plan a healthy diet using the [planning sheet](#).

Learn about the nutrient types and fill in the [nutrient information sheet](#).