

## Health and Social Care Summer Home Learning

### **Part 1: Kitchen Hunt (15 minutes)**

Go to your kitchen or food cupboard and choose **any 3 food items** (packaged or fresh).  
For each one, write down:

- What the food is
- Which nutrients it provides (you can use packaging labels or search online)
- Why that nutrient is important

Food Item	Nutrients Found	Why it's important
Peanut butter	Protein, Fat, Vitamin E	Helps build muscles, keeps skin healthy
Banana	Carbohydrates, Potassium	Provides energy, supports heart health
Yoghurt	Protein, Calcium	Builds bones and teeth

Food Item	Nutrients Found	Why it's important

### **Part 2: Make (or Plan) a Balanced Meal (25 minutes)**

**Option A:** Make a simple snack or light meal using foods you have at home that include at least **4 different nutrients**. Take a photo and label what nutrients are in each part.

**OR**

**Option B:** If you can't cook, draw or describe a realistic meal you could make at home using simple ingredients. Label the nutrients in each item.

**Checklist for your meal:**

- At least 1 carbohydrate (e.g., bread, pasta, rice)
- 1 protein (e.g., beans, eggs, meat)
- 1 fruit or vegetable (vitamins & minerals)
- 1 source of fat (e.g., cheese, nuts, oil)
- A drink (preferably water or milk)

**Then answer:**

- Which nutrients did you include?
- What would you add to make it more balanced?

### **Part 3: Quick Reflection (10 minutes)**

Answer these short questions:

1. Which nutrient do you think you eat the **most** of?
2. Which nutrient do you think you need **more** of?
3. What's one food you could start eating to improve your overall nutrition?
4. What surprised you about what you learned?