Food Preparation & Nutrition

Yr7 Food - Term 3/ Summer



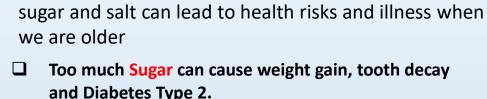
Food contains nutrients which are substances that are needed by our bodies to perform different functions. We need to eat a diet that contains all the nutrients in the right amounts to keep healthy!

Nutrients are grouped into: **Macronutrients**:

- Protein, Carbohydrate and Fat.
- Needed by the body in larger quantities
- Measured in grammes (g)

Micronutrients:

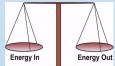
- Vitamins and minerals.
- Necessary for body processes and to keep the body healthy
- Needed by the body in small amounts
- Measured in milligrams (mg)



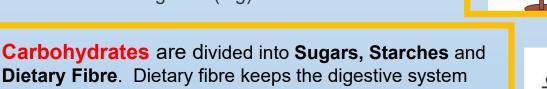
☐ Too much Salt can increase blood pressure which can cause heart disease and strokes.

Not eating a balanced diet, and eating too much fat,

☐ Too much Fat, especially from animal sources such as butter and lard, can clog up our arteries and increase the chances of developing heart disease, Cholesterol, obesity and Diabetes Type 2.



https://www.nhs.uk/healthier
-families/food-facts/

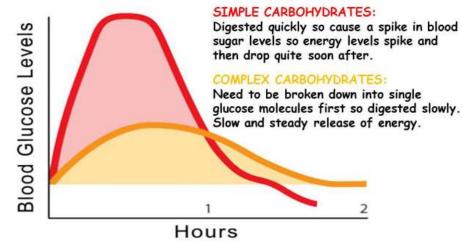


- Starches/Complex carbohydrates (monosaccharides and disaccharides) Provide SLOW-release energy and LOW GI (Glycaemic Index). Source: Potatoes, pasta, cereals... They have a more savoury taste

easily. Found in wholegrains and the cell walls of plants.

healthy by helping food waste travel through the body more

- Sugars/Simple carbohydrates (polysaccharides). Provide FAST-release energy and HIGH GI (Glycaemic Index). Source: Fruits, caster sugar, honey... They have a sweet taste



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Proteins

- Made of amino acids.
- There are 20 different amino acids in total
- 8 are **essential** and must come from the diet (2 extra for children for growth).
- High biological value protein foods (HBV) contain all the essential amino acids. Eg: meat, fish, milk, eggs, soya (exception)
- Low biological value protein foods (LBV) are missing one or more essential amino acids. Eg: Pulses, nuts, seeds, cereals
- Protein complementation is when 2 LBV protein foods are combined to provide all the 8 essential amino acids. Eg: Beans on toast

essential amino acids

12

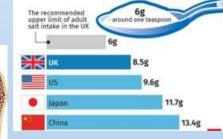
non-essential amino acids

Fats Insulate the body (protecting us from the cold). protect our bones and internal organs, provide the body with fat soluble vitamins (vitamins A,D,E & K) and act as a store of energy in the body.

Fats are composed of fatty acids plus glycerol (triglycerides)
Fats are divided into **Saturated** (from animal sources, solid at
room temperature) found in butter or lard and **Unsaturated**(from plant sources, liquid at room temperature). Unsaturated
fats are also divided into monounsaturated (olive oil, nuts,
avocados) and Polyunsaturated fats (fatty acids omega 3) found
in fish oil and walnuts.

A diet high in saturated fat can lead to Coronary Heart Disease (CHD), High Cholesterol, blocked arteries, obesity and Diabetes Type 2





Average salt intake by country

Vitamins and Minerals

Vitamins and Minerals are needed for the healthy functioning of the body.

- Fat-soluble vitamins can be stored in the body. Vits A, D, E and K.
- Water-soluble vitamins cannot be stored in the body and are required daily. Vits B and C.
- •Minerals: Calcium, Iron, Sodium