

Food Preparation & Nutrition

Yr7 Food – Term 3/ Summer



North Oxfordshire Academy
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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)

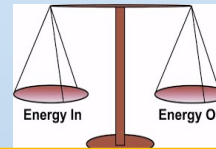
Micronutrients:

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



Not eating a balanced diet, and eating too much fat, sugar and salt can lead to health risks and illness when we are older

- ❑ Too much **Sugar** can cause weight gain, tooth decay and Diabetes Type 2.
- ❑ Too much **Salt** can increase blood pressure which can cause heart disease and strokes.
- ❑ 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/>

Carbohydrates are divided into **Sugars, Starches** and **Dietary Fibre**. Dietary fibre keeps the digestive system healthy by helping food waste travel through the body more easily. Found in wholegrains and the cell walls of plants.

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

Blood Glucose Levels

