

## REVISION FOR YR7 NUTRITION TEST

**YOU NEED TO LEARN ALL OF THE INFORMATION ON BOTH SIDES OF THIS A4 SHEET AS THIS KNOWLEDGE WILL HELP YOU WITH YOU NUTRITION TEST.**

**THERE ARE 5 IMPORTANT NUTRIENTS IN THE DIET AND THEY ARE:**

- \* PROTEIN,
- \* FAT,
- \* CARBOHYDRATE,
- \* VITAMINS,
- \* MINERALS.

**EACH IMPORTANT NUTRIENT HAS A SPECIFIC FUNCTION IN THE BODY & THESE ARE:**

NAME OF NUTRIENT	FUNCTION (USE) OF NUTRIENT IN
PROTEIN	GROWTH & REPAIR
FAT	INSULATOR, PROTECTOR OR A SOURCE
CARBOHYDRATE	ENERGY
VITAMINS	GENERAL GOOD HEALTH
MINERALS	GENERAL GOOD HEALTH

**EACH NUTRIENT HAS SPECIFIC FOODS THAT ARE GOOD SOURCES OF THE NUTRIENT AND THESE ARE:**

NAME OF NUTRIENT	EXAMPLE OF A FOOD SOURCE
PROTEIN	MEAT, FISH, EGGS, CHEESE & MILK
FAT	BUTTER, OIL, MARGARINE, CHOCOLATE & FRIED FOODS
CARBOHYDRATE	BREAD, POTATOES, RICE, PASTA, NOODLES & CEREALS
VITAMINS	FRUITS & VEGETABLES
MINERALS	MILK, RED MEAT, FRUITS, VEGETABLES & EGGS

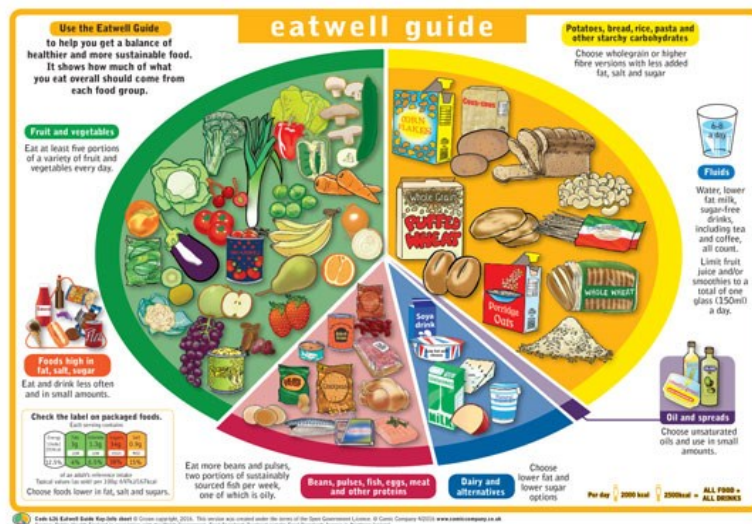
FIBRE IS NOT A NUTRIENT BUT IT IS STILL VERY IMPORTANT IN THE BODY. IT IS IMPORTANT AS IT KEEPS YOUR FAECES PASSING THROUGH THE BODY AND HELPS TO PREVENT CONSTIPATION (NOT BEING ABLE TO GO TO THE TOILET) AND BOWEL DISEASES.

THERE ARE SEVERAL FOODS THAT ARE HIGH IN FIBRE AND THESE ARE:

- \* WHOLEMEAL BREAD,
- \* WHOLEGRAIN CEREALS,
- \* FRUITS - DRIED, FRESH & FROZEN,
- \* VEGETABLES - FRESH & FROZEN.
- \* FRESH FRUIT JUICES.

WATER IS ALSO IMPORTANT IN THE DIET AS IT MAKES UP 70% OF THE HUMAN BODY AND IT IS REQUIRED FOR ALL BODY LIQUIDS (MUCUS, SALIVA, BLOOD, SWEAT, URINE) AND IT PREVENTS DEHYDRATION. WATER IN THE DIET CAN BE OBTAINED FROM DIFFERENT SOURCES - WATER ITSELF, FRUITS AND VEGETABLES.

THIS IS AN IMAGE OF THE EATWELL GUIDE IT HELPS YOU TO FOLLOW A HEALTHY BALANCED DIET:



THE GUIDE IS DIVIDED INTO 5 SECTIONS AND THESE SECTIONS SHOW YOU WHAT PERCENTAGE OF YOUR DAILY DIET SHOULD BE MADE UP FROM EACH FOOD GROUP. IF YOU LOOK AT THE GUIDE MOST OF YOUR DAILY DIET SHOULD COME FROM FRUITS AND VEGETABLES AND STARCHY CARBOHYDRATES (AS THESE ARE THE BIGGEST TWO SECTIONS ON THE GUIDE). THE PINK SECTION ON THE GUIDE IS FOR PROTEINS AND THE SMALLER BLUE SECTION IS DAIRY PROTEINS (THIS SECTION IS SMALLER AS THEY ARE HIGH IN SATURATED FATS). THE SMALLEST PURPLE SECTION IS OILS AND SPREADS WHICH ARE VERY HIGH IN FAT SO SHOULD ONLY BE EATEN SPARINGLY. THE GUIDE ALSO PROVIDES ADVICE ON THE SUGARY FOODS, WATER AND THE TRAFFIC LIGHT SYSTEM USED ON FOOD PRODUCTS, THAT TELLS CONSUMERS AT A GLANCE WHETHER A FOOD THAT THEY ARE EATING IS HEALTHY OR NOT.

USE LOTS OF DIFFERENT TECHNIQUES TO HELP YOU TO REMEMBER THIS INFORMATION - THINK BACK TO YOUR "REACT REMEMBER" STRATEGIES.