

# YEAR 8 Revision Material

A healthy diet is one that helps to maintain or improve overall health. A healthy balanced diet provides the body with essential nutrition: carbohydrates, protein, fats, vitamins & minerals. Along with water and fibre.

NAME OF NUTRIENT	SOURCE OF FOOD	FUNCTION
CARBOHYDRATE	BREAD, POTATOES, PASTA, RICE	Energy used to support bodily functions and physical activity.
FAT	CHEESE, OILS, FISH, MEAT	Protects organs and insulates the body by keeping it warm
PROTEIN	MEAT, EGGS, MILK	Growth and Repair of muscles
VITAMIN	FRUIT AND VEG	Helps keep us healthy
MINERAL	FRUIT AND VEG	Helps keep us healthy
NAME OF NON-NUTRIENT	SOURCE OF FOOD	FUNCTION
WATER	WATER, FRUIT	Hydrates the body, keeps our body sustained and healthy
FIBRE	WHOLEGRAIN CEREALS, FRUIT	Helps process the food in our gut, prevents constipation



## Eatwell guide recommendations

- Eat at least 5 portions of fruit & veg a day
- Choose wholegrain or higher fibre versions of carbohydrates
- Choose lower fat and lower sugar options
- Choose unsaturated oils and eat in small amounts
- Eat less junk food and in small amounts
- Limit fruit juice/smoothies to 150ml per day
- Eat 2 portions of fish per week
- Eat less red and processed meat
- Eat more beans and pulses

### 3 Macronutrients

The main sources  
**CARBOHYDRATES**  
**PROTEIN**  
**FAT**

### 2 Micronutrients

Needed in smaller quantities  
**VITAMINS**  
**MINERALS**

## Vitamins & Minerals

**Vitamin C**  
FIGHTS INFECTIONS

**Vitamin B**  
NERVES & MUSCLES

**Vitamin A**  
EYESIGHT  
HEALTHY SKIN  
MAKES RED  
BLOOD CELLS

**Calcium**  
BONES & TEETH

