

# Food and Nutrition

## Ingredients

- Garlic
- Kidney Beans
- Breadcrumbs
- Onion
- Paprika
- Chilli powder
- Coriander
- Apples



## Food for Energy

The energy which we gain from food is measured in **Calories**.

Different people require different amounts of energy. Factors which affect the amount of energy may include:

- Age
- Gender
- Physical Activity
- Occupation
- Height
- Pregnancy



## Protein

Proteins can be split into two groups: Animal Sourced Proteins and Plant Sourced Proteins. Plant sourced proteins can be used as an alternative source of protein, usually done so to make a meal healthier.



## Micronutrients and Macronutrients

Micronutrients are needed in small amounts in the body.

Macronutrients are needed in large amounts in the body.



## Key words and Vocabulary

Deficiency, Excess, Maintenance, Claw Grip, Bridge Hold, Balanced Diet, Complex, Simple, Calorie

*Pupils will need to articulate their process using key words and technical vocabulary.*

## Carbohydrates

Carbohydrates can be classified into two different categories: Simple Carbohydrates and Complex Carbohydrates.

Simple Carbohydrates contain sugar and **release energy quickly**.

Complex Carbohydrates contain starch and **release energy slowly**.

**Simple = Sugar = Quick Release**

**Complex = Starch = Slow Release**

