

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



Deficiency - Less calories than the body requires

Excess - More calories than the body requires.

Maintenance - the amount of calories which the body requires.

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