

Key words:

5-a-day: a government campaign to encourage us to eat 5 portions of fruit/veg a day.

Diet: the foods you choose to eat.

Energy needs: the average amount of food energy needed by individuals, usually measured in kilocalories (kcal).

Macronutrients: nutrients needed by the body in large amounts-protein, fat and carbohydrates.

Micronutrients: nutrients needed by the body in small amounts-vitamins and minerals.

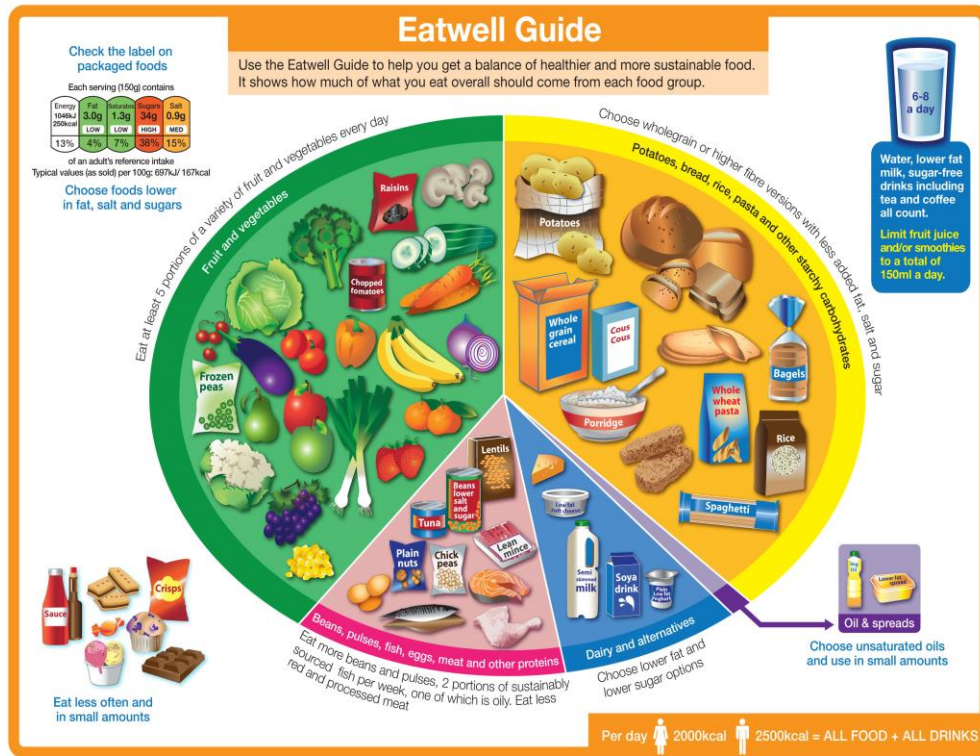
Provenance: Food provenance means knowing: where our food is grown, caught or reared. How it is produced. How it is transported.

Cereals: cultivated grasses with grains which are used as a food sauce.

Fibre: nutrient found in the cell walls of cereal grains. It is needed for the digestive system to remain healthy and function properly.

Hazard: something that could cause an accident such as a spill on the floor could result in someone slipping over.

Food hygiene: Food hygiene is an essential aspect of food safety. It refers to the processes that directly involve food – including storage, preparation, and cooking.



Why do we need to eat food?

The body needs food for:

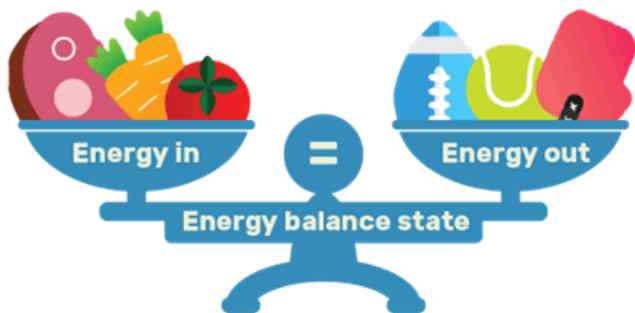
- Growth and repair of cells.
- Energy.
- Warmth.
- Protection from illnesses.
- Keeping the body working properly.



Foods are made up of different components called nutrients. Each nutrient has a function:

- **Protein** is needed for growth and repair of cells, for maintenance of the body and to provide energy.
- **Fat** is needed to provide energy, to keep the body warm, to protect internal organs and to provide fat-soluble vitamins and essential fats.
- **Carbohydrates** are needed for energy.
- **Vitamins** are needed to protect the body and prevent disease.
- **Minerals** are also needed for protection from illness and disease.

- H** – Tie your hair back or wear a hat. Wash your hands.
- A** – Put an apron on.
- T** – Clean your table with antibacterial spray.
- T** – Collect a tray to keep all your ingredients together.
- I** – Collect all the ingredients you need.
- E** – Collect equipment you need; prepare any tins/baking sheets (e.g. grease or line).



Why do we need energy?

We need energy for:

- Breathing
- Keeping our organs working
- Digesting food
- Activities such as walking, running and even sitting down.

The amount of energy we need depends upon our age, gender, activity level, our health and our body size.

What is energy balance?

- If we eat more food than we need and do not use it up by exercising, any energy that is left is changed to fat, and we put on weight.
- If we eat less food than we need and use it up, the fat stores in our body are used up and we start to lose weight.
- If we eat the right amount of foods for our energy needs, we maintain our weight.

The components found in food are called nutrients. The food you eat should provide your body with the nutrients it needs to stay alive and healthy. The two main types of nutrients are **macronutrients** and **micronutrients**.

Protein: is one of the 5 essential nutrients, and is an essential part of your diet.

Proteins are made up of **amino acids**. There are about 20 amino acids and these make up different types of proteins. 10 of these amino acids are essential for children, 8 for adults and need to be provided by your diet as the body can't make them. Non-essential amino acids can be made by the body. Meat, fish, eggs and dairy are good sources of protein.

Fats: Fat is one of your five nutrients and is an essential part of your diet. However eating large amounts of it is not good for your health. Fats may also be called oils or lipids. Eating too much fat can raise the cholesterol levels in the blood.

Cholesterol is a fatty substance needed for the body to function properly. There are good and bad cholesterol, the bad causes health problems such as heart disease and diabetes.

Carbohydrates: are divided into three groups:

- Sugar-all sugars, treacle and syrups, honey and jam.
- Starch-potatoes, rice, pasta, bread and yams.
- Dietary fibre- found in the cell walls of fruits, vegetables and cereals.

Free sugars are added sugars such as sugar, syrup and honey which are bad for your health. Fruit sugars are natural sugars found in the cell walls of plants.

Eating too many carbohydrates can lead to obesity and if too much sugar is eaten-tooth decay.



How the condition develops

