





Food and health

Food provides energy and nutrients to help you grow and stay healthy.



Some foods belong in more than one box. Cheese and meat contain fat as well as protein.

<p>The main nutrients in food are:</p> <p>Protein This is used for growth and to repair parts of our bodies which wear out.</p>	<p>We find these in:</p> <p>meat fish cheese</p> <p>_____</p> <p>_____</p> 
<p>Carbohydrate This provides most of the energy to live, work and play.</p>	<p>bread biscuits pasta rice</p> <p>_____</p> <p>_____</p> 
<p>Fat This is also important for energy and keeps us warm.</p>	<p>crisps chips</p> <p>_____</p> <p>_____</p> 
<p>Vitamins and minerals These make sure we grow properly and stay healthy.</p>	<p>apples strawberries potatoes</p> <p>_____</p> <p>_____</p> 



Potatoes contain carbohydrate as well as vitamins and minerals.



You should eat at least five servings of fruit or vegetables every day.



You should eat lots of food containing protein, vitamins and minerals.



You should eat some of the foods containing carbohydrate every day.



You only need a small amount of foods containing fat every day.

You can put the foods in more than one box.



1 Think of some more foods to write in each box.

A healthy diet must be **balanced** which means we need to eat food from each group in our meals.

- 2 Keep a record of the foods you eat in one day. Write them down in the correct boxes.



Food group	Breakfast	Lunch	Dinner	Snacks
Protein				
Carbohydrate				
Fat				
Vitamins and minerals				

- 3 Do you think your day's food is balanced?

- 4 Why? _____

- 5 Plan a day's menu which is balanced.

Breakfast
Lunch
Dinner
Snacks



Remember to check that you have included five pieces of fruit or vegetables during the day.

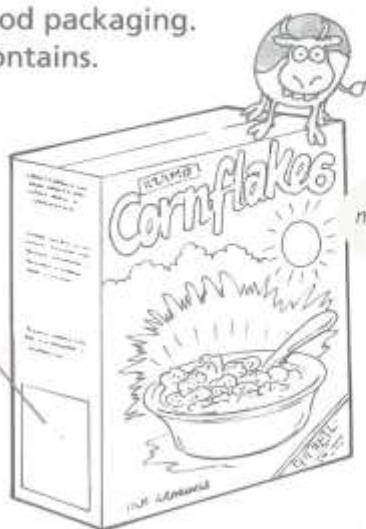


Try to plan a balanced meal for a vegetarian.

You are what you eat

This label comes from a box of cornflakes. You can find labels like this on all food packaging. It tells you what the food contains.

Nutrition Information per 100g	
Energy	1560 kJ 367 kcal
Protein	7.3 g
Carbohydrate	82.7 g
Fat	0.8 g
Sodium	1.1 g
Fibre	3.6 g
Vitamins	
Vitamin C	35 mg
Niacin	18.0 mg
Vitamin B6	2.0 mg
Riboflavin	1.6 mg
Thiamin	1.4 mg
Folic Acid	400.0 mg
Vitamin D	5.0 mg
Vitamin B12	1.0 mg
Iron	14.0 mg



Energy is measured in kilojoules or kilocalories.

We write this as kJ or kcal.

Our bodies need **energy** all the time, for breathing, running, sleeping and working. Food provides our bodies with the energy it needs.



- 1 Look at the food label from the cornflakes box.

How much energy is in 100 g of cornflakes? _____

Write what you find in the table.

- 2 Find some other labels on packets of food. Write down how much energy is in 100 g of each food.



Type of food	Amount of energy in 100 g of the food









- 3 Which food provides the most energy? _____
- 4 Which food provides the least energy? _____

Claire found the energy content of some foods. She recorded the information in this table.







If you play or work hard then you need more energy and you may eat more food.

Energy content			
Food	kcal	Food	kcal
small carton of orange juice 	70	1 apple 	50
1 packet of crisps 	130	1 slice of bread 	70
1 plain biscuit 	30	1 glass of milk 	130

She then found out how much energy she would need to do different activities. These are her results.

But if you don't use up the energy then it is stored in your body as fat and you may become overweight.

Activity	Energy needed
4 minutes of jogging or 8 minutes of swimming 	50 kcal
10 minutes of walking or 8 minutes of playing football 	70 kcal
10 minutes of cycling or 1 1/2 hours of sleep 	80 kcal
10 minutes of dance or 1 1/2 hours of watching television 	100 kcal



5 Use the information from the above tables to fill in the spaces below. Then decide what food to eat to get exactly the right amount of energy.



Activity	Time	kcal	Food
dance	10 mins		
football		140	
cycle		320	
sleep	3 hours		
swim	24 mins		

