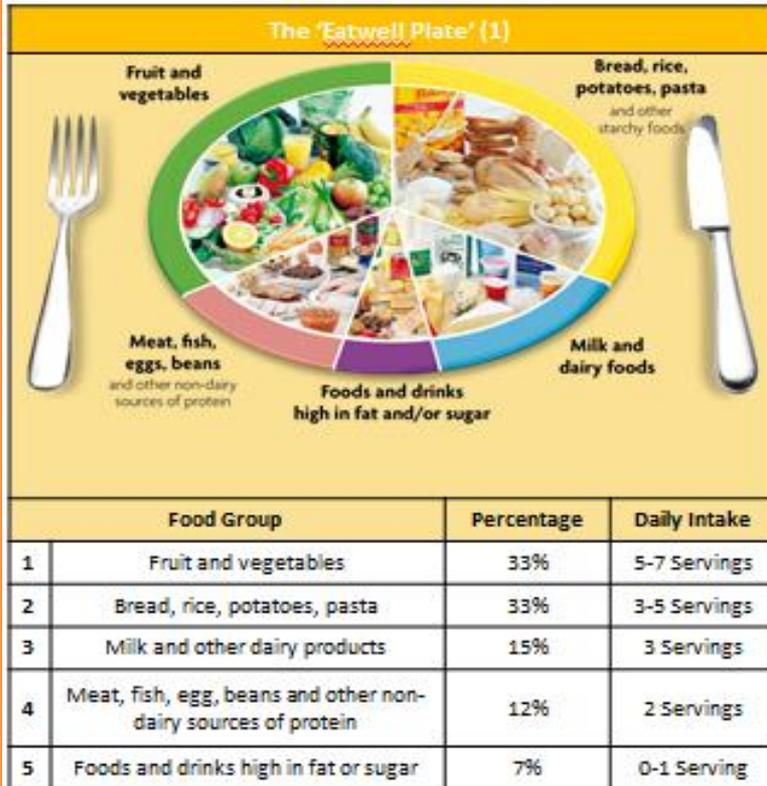




Subject: Year 9 PE Autumn 1
Topic Nutrition

Summary of key information:



Key vocabulary:

Macronutrients (2)			
	Macronutrient	Function	Sources
1	Carbohydrates	The main source of energy for the body.	Bread, pasta, rice, oats, etc.
2	Proteins	Essential for muscle repair and growth .	Meat, fish, eggs, pulses, beans, nuts, etc.
3	Saturated Fats	Too much saturated fat increased risk of heart disease . How much you eat of these should be limited .	Butter, cheese, cakes, crisps, biscuits, etc.
4	Unsaturated Fats	Much healthier than saturated fats and help reduce the risk of heart disease .	Oily fish, nuts, olive oil, sunflower oil, avocados, etc.
Micronutrients (3)			
	Micronutrient	Function	Sources
1	Vitamins	Important in ensuring vital chemical reactions take place in the body.	A – dairy, oily fish, yellow fruit; B – vegetables, wholegrain cereals; C – citrus fruit, broccoli, sprouts; D – oily fish, eggs, fortified cereals.
2	Minerals	Essential for almost all bodily functions.	Shellfish, almonds, watercress, etc.
3	Fibre	Indigestible parts of food and is essential for healthy bowel functions.	Fruit, vegetables, brown bread, wholegrain cereals, etc.

ASSESSMENT

For your end of unit (half term) assessment, you will be required to complete the following task:
Multiply choice test on the Nutrition.



Things to try and avoid

- 1 – High sugar drinks - too much sugar can lead to tooth decay and risk of diabetes
- 2 - Fatty foods – cream cakes, doughnuts, fast food, takeaways, all contain high levels of saturated fats and are damaging to the body in large quantities
- 3 – High caffeinated drinks - can increase blood pressure and strain on the heart also affect sleep.

Benefits of a healthy diet

- 1 – Improved immune system – have a balanced diet means your body is able to protect its self better – therefore you are less likely to be ill.
- 2 - Maintain healthy weight – having a balanced diet means you maintain a balanced body weight and remain healthier
- 3 – Fluid intake – the body is made up of 60% water and plays an important role in all body processes. 6-8 cups a day

