





Subject: Year 9 PE Autumn 1 Topic Nutrition

Sı	ummary of key information	n:		Ke	ey vocabul	ary:			
The 'Eatwell Place' (1)				1	Macronutrients (2)				
	Fruit and		read, rice, atoes, pasta	1	Macronutrie	ent	Function		Sources
	vegetables	1	and other tarchy foods	1	Carbohydrat	tes	The main source of energy for the	e body.	Bread, pasta, rice, oats, etc.
				2	2 Proteins		Essential for muscle repair and growth.		Meat, fish, eggs, pulses, beans, nuts, etc.
			1	3	Saturated Fa	ats	Too much saturated fat increased heart disease. How much you eat should be limited.		Butter, cheese, cakes, crisps, biscuits, etc.
	and the second se								
L	Meat, fish, eggs, beans and other non-dary Enade and date	dairy	and foods	4	Unsaturated	Fats	Much healthier than saturated fats reduce the risk of heart disea		Oily fish, nuts, olive oil, sunflower old, avocados, etc.
L	eggs, beans	dairy ks		4	Unsaturated	Fats			
L	eggs, beans and other non-dary sources of octean Foods and drin	dairy ks		4	Unsaturated Micronutrient	Fats	reduce the risk of heart disea		
(eggs, beans and other non-dary sources of octean Foods and drin	dairy ks		4		Fats	reduce the risk of heart disea Micronutrients (3) Function	A-da	sunflower old, avocados, etc. Sources airy, oily fish, yellow fruit; B –
1	eggs, beans and other non-dary sources of protein Foods and drin high in fat and/or	ks sugar	foods	4		Fats	reduce the risk of heart disea Micronutrients (3) Function	A – da vegetable	sunflower old, avocados, etc. Sources airy, oily fish, yellow fruit; B – es, wholegrain cereals; C – citrus
1 2	eggs, beans and other non-dary sources of protein high in fat and/or Food Group	ks sugar Percentage	foods	4	Micronutrient	Fats	reduce the risk of heart disea Micronutrients (3) Function	A – da vegetable	sunflower old, avocados, etc. Sources airy, oily fish, yellow fruit; B –
-	eggs, beans and other non-dary sources of protein Food Group Fruit and vegetables	ks sugar Percentage 33%	foods Daily Intake 5-7 Servings		Micronutrient Vitamins	Fats Impo rea	reduce the risk of heart disea Micronutrients (3) Function Portant in ensuring vital chemical actions take place in the body.	A – da vegetable fruit, bro	sunflower old, avocados, etc. Sources airy, oily fish, yellow fruit; B – es, wholegrain cereals; C – citrus ccoli, sprouts; D – oily fish, eggs, fortified cereals.
2	eggs, beans and other non-dary sources of protein Food Group Fruit and vegetables Bread, rice, potatoes, pasta	ks sugar Percentage 33% 33%	foods Daily Intake 5-7 Servings 3-5 Servings	4	Micronutrient	Fats Imporea Essent	reduce the risk of heart disea Micronutrients (3) Function	A – da vegetable fruit, bro Shellfi	sunflower old, avocados, etc. Sources airy, oily fish, yellow fruit; B – es, wholegrain cereals; C – citrus ccoli, sprouts; D – oily fish, eggs,

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



