

Food is essential for life and good health. We need food to:

- Help the growth and repair of body tissues
- Help provide warmth and energy
- Keep us healthy and fight diseases
- Stop us feeling hungry

Nutrition is about giving our bodies the right sort of food. We need a balanced diet in order to keep healthy. This means eating different types of food and needs will vary from person to person.

Food is made up of useful substances called nutrients.

| Nutrient      | Body Uses   | Where Found   |
|---------------|---|---|
| Protein       | Growth<br>Repair<br>lentils) cereals e.g. flour, maize  | Animal—fish, meat, eggs, milk, cheese<br>Vegetable - nuts, pulses (peas, beans,   |
| Fats          | Energy for work & warmth<br>eggs, cheese, full cream milk, cream  | Animal—fatty meats, oily fish, butter,<br>Vegetable—nut oils e.g. peanut<br>seed oils e.g. sunflower, olive, soya<br>margarine  |
| Carbohydrates | Energy for work and warmth  | Starches—potatoes, parsnips, turnips,<br>beans, bread, pasta, cereals (rice, oats),<br>flour, biscuits<br>Sugars – fruits, sugar, honey, sweets, cake,<br>biscuits, sugary drinks |
| Vitamins      | A Growth, eyesight<br>B Energy, nerves<br>C Healthy skin, heals cuts<br>D Strong teeth and bones<br>E Heart, skin | Green vegetables, carrots, liver<br>Bread, milk, meat, cereals<br>Green vegetables, oranges<br>Eggs, margarine, cod liver oil<br>Wheatgerm, nuts, seeds, vegetable oils           |
| Minerals      | Calcium Strong teeth & bones<br>Iron Red blood cells  | Cheese, milk<br>Red meat, liver, eggs, bread  |

Poor eating habits can result in:

- Heart disease
- Tooth decay
- Blood pressure
- Bowel disorders
- Overweight or obesity