

Organisms

4. Digestion

CONCEPT 1

LESSON GUIDE

HEALTHY DIET

PRECISE LEARNING POINTS

KNOW

I know what the seven food groups are.

APPLY

I can apply my knowledge to explain what a balanced diet is.

EXTEND

I can extend my knowledge to consider how energy requirements from food can differ from person to person.

NOTES

THE SEVEN FOOD GROUPS

There are seven groups which together provide a balanced diet, allowing you to receive the nutrients needed to live, grow and use in processes in the body.

Food Group	Uses in the body
carbohydrates	These provide energy. There are two types called starch or sugar. If you have too much of this group, you could see a gain in weight.
protein	Growth and repair of cells and tissue.
lipids (fats and oils)	To store energy and for insulation (keep us warm!)
minerals	For healthy organs and tissues such as bones, teeth and blood.
vitamins	To help with chemical reactions in the body
fibre	To help food move through the digestive system
water	To help keep the body hydrated and to allow vital chemical reactions to take place.

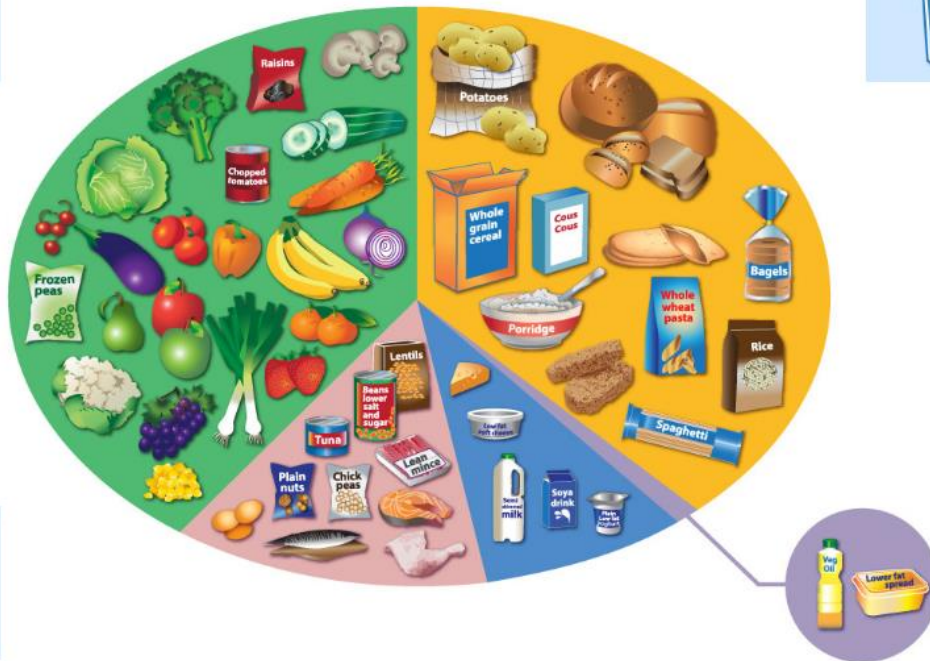
A BALANCED DIET

In order to have a balanced diet, you need to ensure you have some of each food group by varying the foods that you eat. Some diets may give you too much or too little of each food group.

An 'eat well plate' can help you to make the right choices when planning your meals for the day and ensure you are eating the right proportion of each food group. See an example of this on the next page! Do the proportions of each food group surprise you?

Each serving contains				
Energy	Fat	Carbohydrate	Sugars	Salt
1040kJ	5g	1.3g	34g	0.9g
100%	10%	10%	67%	18%
12.5%	7%	6.5%	28%	15%

of an adult's reference intake
Typical values (as sold) per 100g 667kJ/ 167kcal



ENERGY REQUIREMENTS

In Year 7, you would have looked at energy. You should remember that energy is measured in kilojoules (kJ) and allows us to grow, repair, keep warm and move. The amount of energy you need will be different to everyone else, as you are a particular height, gender, age and do a certain amount of exercise every day.

We looked at food labels in Year 7, which showed us how much energy food contains. This helps you to track how much energy you are taking in, as well as the amount of fat and nutrients.