

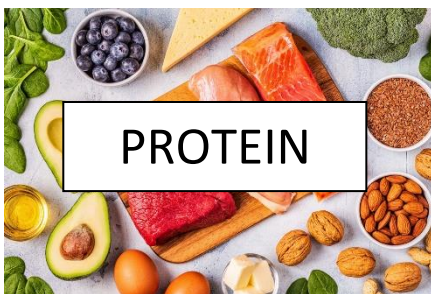
# NUTRITION

The term Nutrition means providing the correct foods to keep the body healthy and support growth. There are five main nutrients that the body needs to be able to work properly and repair any injuries. These are; Protein, Fat, Carbohydrate, Vitamins and Minerals. As well as these essential nutrients there are other food elements that are really important and allow your body to function correctly.

## Nutrient

## What the body uses it for...

## Where can it be found....



### PROTEIN

Growth and repair  
Provides energy

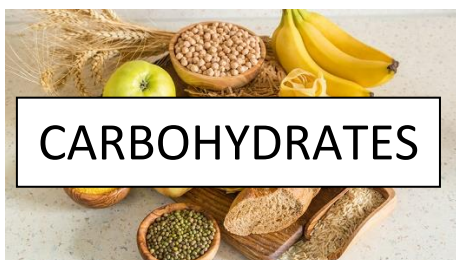
Animal meats, fish, nuts, eggs, oats, dairy products, broccoli, lentils, quinoa, pumpkin seeds, brussels sprouts, peanuts.



### FAT

Provides the most energy  
Helps the body absorb foods  
Keeps the brain healthy

There are lots of different types of fat that can be found in nuts, fish, olives, meats and dairy (milk products).



### CARBOHYDRATES

Provides slow releasing energy  
Often provides fibre  
Building blocks of sugars

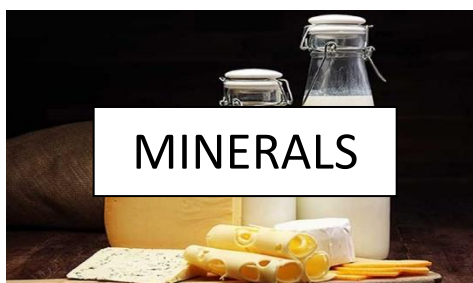
Fruits; bananas, grapes, apples, carrots, dairy.  
Vegetables; potatoes, broccoli, peas, beans. Bread, rice, oats & wheat.



### VITAMINS

There are 13 different types of vitamins that the body needs to work properly e.g. help fight off colds (Vit C) & build bones (Vit D).

Vit A – Eggs & carrots  
Vit B – Bananas & chicken  
Vit C- Beetroot & orange  
Vit D – Sunshine & fish



### MINERALS

There are many types of minerals that are used by the body. Minerals support bone and tooth health, nerves, muscles and immunity.

Different types of minerals are found in different foods e.g. there are 10 different minerals found in cow's and oat milk.



The body is made up of approximately 60% water.

Water is used all day, every day by the body. The body uses it to; regulate body temperature, protect your brain, remove waste, cushion joints, keep blood moving and for many more essential jobs.

If you don't drink enough water your body can get dehydrated causing headaches, muscle cramps and high blood pressure.

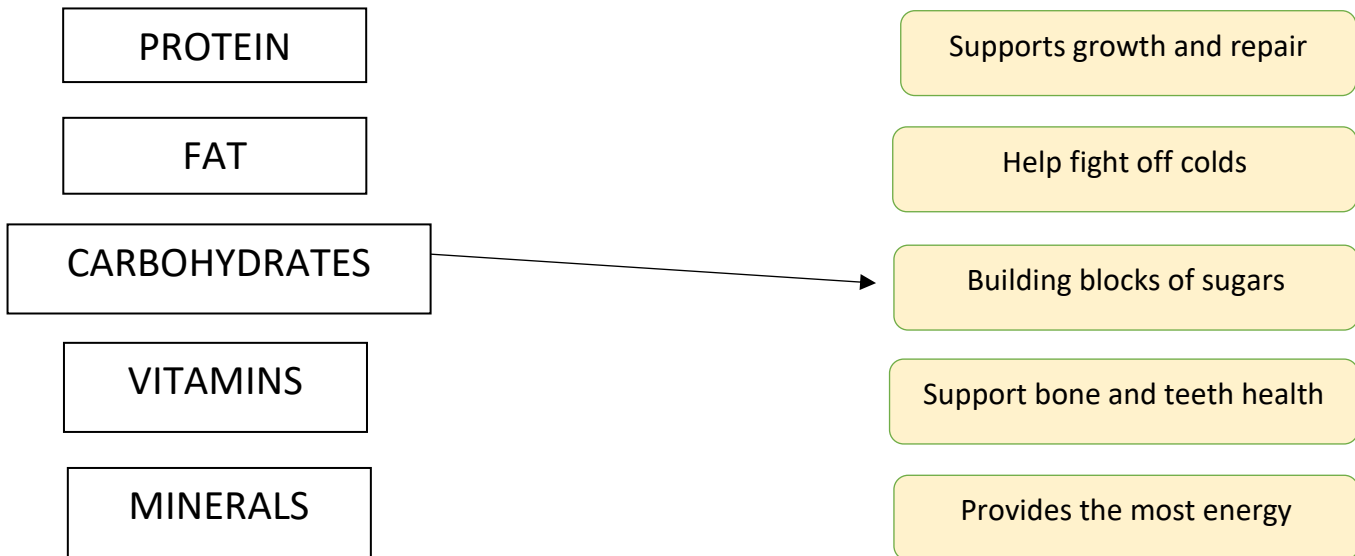


Fibre is important because it keeps the digestive system moving, helps keep energy levels constant and prevents digestive diseases.

Some fibres are known as prebiotics and this means that they allow the body to make healthy bacteria in the gut which helps breakdown food and provide vitamins.

## Nutrition recap activities

Activity 1 – Link the nutrient with an example of how the body uses it.



Activity 2 – Using cow's milk or an alternative, find out how many types of nutrient it contains. Circle the nutrients that the milk contains below.

Protein

Minerals

Fat

Water

Carbohydrate

Vitamin

Fibre

