

## Secrets of your food

The body requires a **combination of protein, carbohydrates, fat, vitamins and minerals** to be able to **grow** and **survive**.

As a **baby**, we rely on **breast milk** as our main source of food and water. It contains **all of the nutrients** needed for a baby to **grow** and **survive**.



What are the **main nutrients** breast milk provides and what are their **functions**?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

As adults, we have a wide range of foods available to us. We need to select the **right combination of foods** in order to achieve the **correct balance of nutrients**.

### Carbohydrates

Why do we need **breakfast**?

In the morning, our blood sugar level is \_\_\_\_\_.

Eating breakfast provides us with a quick source of \_\_\_\_\_.



What is the main source of **carbohydrates** in the **Eastern world**?

\_\_\_\_\_.

The body **breaks down carbohydrates** to form - \_\_\_\_\_. This then 'feeds' our \_\_\_\_\_

\_\_\_\_\_.

Eating a carbohydrate (such as rice), provides the body with \_\_\_\_\_.



In its raw state, rice is indigestible. What must you add to make the rice digestible?

\_\_\_\_\_

**What form of carbohydrate is prominent in the Western world?**

W \_\_\_\_\_ - B \_\_\_\_\_ is a staple food in our diet.



**What are the key ingredients used in bread making?**

- F \_\_\_\_\_
- W \_\_\_\_\_
- Y \_\_\_\_\_

**What conditions does yeast need to be able to ferment and produce carbon dioxide?**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



**Why is bread dough kneaded?**

\_\_\_\_\_  
\_\_\_\_\_

**Protein**

“Energy keeps us moving, but it is \_\_\_\_\_ that builds us!”



**How much protein do you need to eat each day?** \_\_\_\_\_ g.

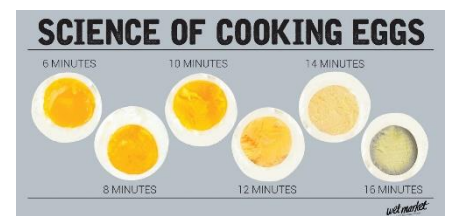
**Why is protein important for our bodies?**

\_\_\_\_\_  
\_\_\_\_\_



**Cooking eggs (protein):**

The way we prepare eggs, makes a significant difference to the way our body can use the p \_\_\_\_\_ they contain. If eaten r \_\_\_\_\_, we only benefit from around h \_\_\_\_\_ of the protein contained in the egg. However, c \_\_\_\_\_ the egg changes the s \_\_\_\_\_ of the protein, making it easier to a \_\_\_\_\_. As the egg is cooked the protein d \_\_\_\_\_ (unfolds), making it easier for the body to absorb. The l \_\_\_\_\_ eggs cook, the more the protein molecules denature/unfold. Cooking eggs not only improves the flavour but the ‘u \_\_\_\_\_’ protein molecules are easier for the body to absorb.

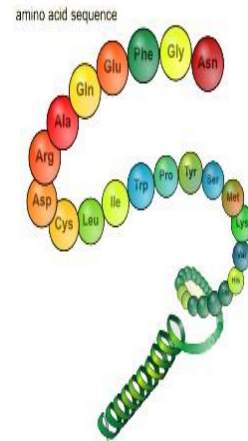


When **proteins break down**, they form A \_\_\_\_\_ a \_\_\_\_\_. There are **20 amino acids** in total - **11 of these are made by the body** and so are named '**non essential**'. The other **9 are needed from our diet** – they are called '**essential amino acids**'.

E \_\_\_\_\_ are a **high quality protein** source (HBV) as they contain all 9 of the essential amino acids).

If **only eating plant based proteins**, you need to eat a **combination of beans/pulses and grains** to ensure you get all 9 essential amino acids.

E.g. B \_\_\_\_\_ on \_\_\_\_\_, Dahl and r \_\_\_\_\_ or b \_\_\_\_\_ with pasta.



## Fat

- Some fat is essential for h \_\_\_\_\_.
- Different foods contain different forms of fat - some fats are l \_\_\_\_\_ at room temperature and some are s \_\_\_\_\_.
- Each types of fat is made up of f \_\_\_\_\_ a \_\_\_\_\_.
- Our body is able to make most of the **essential fatty acids**. However, the body is **not able** to make \_\_\_\_\_ and \_\_\_\_\_. As they cannot be made by the body, they **need to be obtained from our food**.

What is **Omega 6** found in?

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What is **Omega 3** found in?

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- Omega 3 is vital for building and maintaining the \_\_\_\_\_. The brain is half \_\_\_\_\_ and a q \_\_\_\_\_ of this is made up of omega 3.
- Low levels of omega 3 has been linked to \_\_\_\_\_ and \_\_\_\_\_.

## Minerals - Calcium

What is the **function of calcium**? \_\_\_\_\_

\_\_\_\_\_

**Why** does the **amount of calcium** we require **increase as we get older**?

\_\_\_\_\_

What **food sources** are **rich in calcium**? \_\_\_\_\_

**Why** are some people **not able to consume milk**? \_\_\_\_\_

\_\_\_\_\_

## Vitamins

Vitamin	Function	Source
C		
B		
E		
A		
K		

Which **vitamin** is needed to **absorb calcium**? \_\_\_\_\_.

What is our **main source** of **vitamin D**? \_\_\_\_\_.