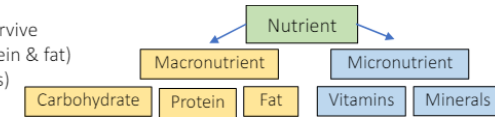


# Food Preparation and Nutrition Knowledge Organiser Year 7

The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. You do not need to achieve this balance with every meal, but try to get the balance right over a day or even a week.



**Nutrients:** Chemicals which provide nourishment and are needed to survive  
**Macro:** LARGE. Nutrients needed in large amounts (carbohydrate, protein & fat)  
**Micro:** SMALL. Nutrients needed in small amounts (vitamins & minerals)



## Micronutrients



# PRINCIPLES OF NUTRITION

## Macronutrients

MACRONUTRIENT	FUNCTION	SOURCES
<b>Carbohydrates</b>	Provides energy and fuel for the body and also helps with organ and cell function	Bread and grains, pasta, potatoes,
<b>Proteins</b>	Provide cell structure and function. Helps the body with growth and repair.	Chicken, beef, fish, cheese, nuts,soya, tofu
<b>Fats</b>	Provide insulation for the body, as well as energy. If you have too much fat stored, it can become wasteful and lead to obesity.	Butter, oils, nuts, bacon

**TYPES OF CARBOHYDRATES**

**STARCH** - Cereals, pasta, flour - long term release of energy

**SUGARS** - fruit, honey, milk - short term energy release

**TYPES OF FATS:**

**SATURATED** - Animal sources

**POLYUNSATURATED** - vegetable sources

MICRONUTRIENT	FUNCTION	SOURCES
<b>Vitamin a</b>	- Helps eyesight - Healthy skin	Green and leafy veg, dairy products
<b>Vitamin B</b>	- Energy release from foods - Healthy skin	Bread, milk, eggs
<b>Vitamin C</b>	- Healthy skin - Helps absorb iron - Cell protection	Oranges, citrus fruits, vegetables
<b>Vitamin D</b>	- Helps absorb calcium - Stronger teeth and bones	Dairy products, oily fish
<b>Vitamin K</b>	- Helps blood to clot properly	Bacon, leafy and green veg

MICRONUTRIENT	FUNCTION	SOURCES
<b>Calcium</b>	Helps to build stronger bones and teeth	Bread, milk, cheese, tofu.
<b>Iron</b>	Gives red blood cells their colour and helps to form them	Meat, lentils, veg, eggs
<b>Potassium</b>	Helps to form muscles and the digestive system	Banana, spinach, avocado
<b>Magnesium</b>	Helps to maintain nerve and muscle functions and keep the body strong	Spinach, dark chocolate, almonds, seeds
<b>Fluoride</b>	Helps to prevent tooth decay and other bone disorders	Dried fruit, toothpaste, cocoa powder