

**How the body uses nutrients:**

**Protein**—growth and repair —found in meats/fish/eggs/pulses

**Carbohydrates**= slow or fast release energy —found in bread/pasta/rice/potatoes

**Vitamins and minerals** —boost immune system —found in fruit/vegetables e.g. **Calcium**—strong bones and teeth —milk/cheese/yoghurt

**Fats**—protects vital organs, keeps you warm —found in oil, butter, dairy products, sweets and chocolates.

**Sensory Analysis:**

Tasters evaluate the appearance, taste, texture, aroma of foods and record their findings. A way to record information is in a sensory table, using descriptive words or rating. New products are tested using sensory analysis to see if the consumer will buy them, if they meet the desired requirements and if there are any improvements to be made.

	Sensory words
Appearance	Colourful, soft, hard, golden, crumbly, shiny, smooth
Texture	Soft, hard, sticky, crumbly, dry, runny
Taste	Sweet, sour, salty, spicy, bitter, strong

**Water**

**Do not get thirsty**

- The **Eatwell Guide** says we should drink 6 to 8 glasses of fluid a day. Water, lower fat milk and sugar-free drinks, including tea and coffee, all count.

If you don't like the taste of plain water, try sparkling water or add a slice of lemon or lime. Or heat the water and infuse a tea bag, or a slice of lemon.

**Avoid Energy drinks and caffeine**


Energy drinks often contain high levels of caffeine and are often high in sugar (calories). They may also contain other stimulants, and sometimes vitamins and minerals or herbal substances.

**Water**

- Many soft drinks – including instant powdered drinks and hot chocolate – are high in sugar.

Food and drinks that are high in sugar are often high in **calories**, and having too many calories can make you more likely to gain weight. Some energy drinks are high in both sugar and caffeine. Checking the nutrition labels on soft drinks such as fruit juices and fizzy drinks can help you make healthier choices

Too much sugar can lead to tooth decay and obesity. You should only have 6 teaspoons per day.



**Keywords:**

1. Starch—slow release energy from carbohydrate foods such as bread, potatoes and pasta.
2. Sugars—Fast release energy from carbohydrate foods such as sweets, fruit, honey.
3. Fibre - Also known as roughage. Helps to prevent bowel cancer and keep our digestive system healthy.
4. Coronary Heart disease—CHD This is a food related illness caused by eating too much fatty and sugary foods and not exercising enough.
5. Sensory analysis—Using your senses to describe the taste, texture and appearance of foods using adjectives.
6. Anaemia – A food related illness which can mean you may need more iron rich foods in your diet.
7. Diabetes – This can be a hereditary or diet related condition. If you consume too much sugary and fatty foods, and develop obesity you could get diabetes.
8. Obesity – This is when someone is so over weight that it is dangerous to there health.

1. Command Words		
1	Name	Recall one or more pieces of information.
2	State	Write down what the term in the question means.
3	Give	Recall one or more pieces of information.
4	Describe	Give an account in words of someone or something including all of the relevant characteristics, qualities or events.
5	Explain	Make an idea, situation or problem clear by describing it in detail revealing relevant data or facts
6	How	Discuss the creation of something giving specific references to support.