

KeyWords			Protein		Fat		Minerals			
1	Protein	Needed for growth and repair of body tissue and to maintain and build cells.	Also be used to provide the body with energy once it has been used for its primary function Everyone needs protein in their diets but needs vary at certain times of our lives: Children, babies, pregnant women, nursing mothers High biological value proteins contain all the amino acids that our bodies cannot make. Low biological value proteins are missing one or more of the essential amino acids.		1	It is important in our diets as it helps to protect the vital organs, protects the skeletal system, to keep us warm.	Calcium	For healthy bones and teeth. Also nerves, muscles and involved in blood clotting. Sources: milk, cheese, other dairy foods, green leafy vegetables, soya, bread.		
2	Carbohydrates	It provides the body with instant and slow releases of energy. Also helps the digestive system.					2	There are two types of fat. Animal which usually contain more saturated fats. Plant which usually contain more unsaturated fats.	Iron	Red blood cells, normal metabolism, excretion and a healthy immune system. Sources: liver, meat, poultry, nuts, dried fruit, dark green leafy vegetables.
3	Fat	Needed in small amounts to keep us warm protect our vital organs and our skeletal system. Acts as an energy reserve			3	Reducing fat helps to lower the risk of obesity, lower the risk of heart disease, lower cholesterol.			Potassium	Essential for water balance and for nerves to work properly Source: milk, fish, shellfish, fruit – BANANAS.
4	Vitamins	Needed to stay healthy. They help to heal wounds, keep skin healthy and for growth in children.							Fluoride	Healthy bones and teeth. Fluoride works with the other vitamins. Sources: fluorinated water, tea, fish, toothpaste.
5	Minerals	Many different needs in the body. Includes formation of bones & teeth, helps the nervous system and the forming of red blood cells.			Vitamins		Carbohydrates			
6	Fibre and NSP (non-starch polysaccharides)	To rid the body of waste and prevent constipation	Vitamin A	Helps form and maintain healthy teeth, skeletal, soft tissue and skin. Helps eyesight & night vision. comes from animal sources, such as eggs, meat, milk, cheese, cream, liver, kidney, cod, and halibut fish oil.	Carbohydrates can be divided into three main groups.					
7	Water	To maintain body temperature, help digestion, lubricate joints and help remove waste from the body.	Vitamin B	Allows the body to use and store energy from protein and carbohydrates in food. Helps form haemoglobin, the substance that carries oxygen around the body. Found in a wide variety of foods including meat, poultry, bread, cereals, egg, vegetables and potatoes.	SUGAR: This gives food a sweet taste and provides the body with instant energy that does not last very long.					
8	Macronutrients	The three main big nutrients which give us energy. They are fat, carbohydrates and protein.	Vitamin C	Good for maintaining healthy skin and gums. Deficiency in vitamin C leads to a disease called scurvy. Vital in supporting immune function and protecting against illness. Found in many fruits and vegetables.	STARCH: This gives us slow release energy over a long period of time.					
9	Basal Metabolic Rate	The rate at which a person uses energy to maintain the basic functions of the body when it is at complete rest, such as: breathing; keeping warm; keeping the heart beating.	Vitamin D	Helps the absorption of calcium. Mainly found in meats but is also created by the body naturally with exposure to sunlight. A lack of this can lead to Rickets.	DIETARY FIBRE: this is also known as 'roughage'. It helps our digestive system to work properly to avoid constipation and other more serious diseases.					

1. Command Words

1	Define	State or describe exactly the nature, scope, or meaning of something / establish the character of something; mark out the boundary or limits of something
2	Summarise	Give a brief statement of the main points of something.
3	Suggest	Used with another command word, e.g. Suggest an explanation. Suggest tells you that you need to apply your knowledge to a new situation, and in this case to give a possible explanation
4	Which	Asking for information specifying one or more people or things from a definite set.
5	Why	Giving a reason or explanation to support the answer of the question.
6	Interpret	Ascribe meaning.
7	Evaluate	Look at the information in the question and bring it together to make a decision and come to a conclusion with evidence from the question. You may be asked to give a personal response.