

AC 1.1 Function of nutrients in the body

Protein

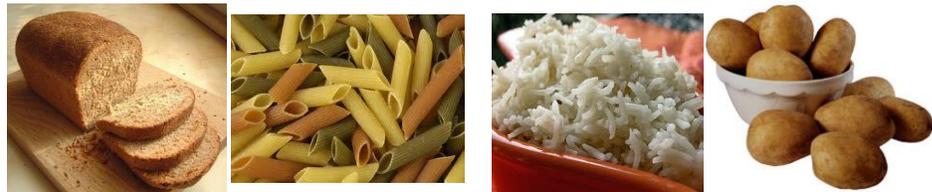
- Protein provides the amino acids for the body to grow.
- Protein is used to repair body tissues after illness, injury or surgery.
- Produces enzymes for digesting foods.
- A secondary source of energy for the body.

Carbohydrates

- Carbohydrate provides an important source of energy for the body.
- All carbohydrates are converted to **glucose** when digested and this is converted to energy. If the energy is not used up then it is stored as body fat.

Carbohydrates are usually **STARCHY** foods that provide a slow release of energy and help our blood sugar levels stay the same so we don't feel tired.

These are known as **COMPLEX CARBOHYDRATES**



Bread, pasta, rice and potato

Year 11 Hospitality and Catering.

Proteins that contain all the amino acids needed by the body are called **High Biological value HBV**.
(All animal sources except soya)



Meat and fish



Eggs, milk and cheese

Fats

- Fat provides the body with essential fatty acids and energy.
- Fat provides a store of energy for the body.
- Fat also provides a layer of protection for the major organs in the body.
- Fat carries important fat soluble vitamins (A, D, E and K) and is important for their absorption.

Plant proteins that contain some of the amino acids needed are called **Low Biological value LBV**
(All plant sources)



Lentils nuts and beans.

Saturated fat

Solid at room temperature



Butter, margarine, Lard.

Unsaturated fat

Liquid at room temperature.



Olive oil, sunflower oil, peanut oil, sesame seed oil



Can you **EXPLAIN** the **FUNCTION** of at least 2 of the nutrients we need in the body?

Can you give an example of at least 2 different sources of food that you can find protein, carbohydrates and fat?

What is the difference between HBV and LBV protein?