

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 8 Design & Technology Term 6

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.

Saturated fat

Solid at room temperature



Butter, margarine, Lard.

Unsaturated fat

Liquid at room temperature.



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

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



Lentils nuts and beans.

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

Special diets

What they do eat.	Diet and reason for following	What they do not eat.
Dairy, Quorn, Tofu all types of plant food (Fruit and veg)	Lacto Vegetarian Health, religious, ethical.	Meat, shellfish, fish, eggs, gelatin
Quorn, Tofu and all types of plant food.	Vegan diet Health, religious, ethical, environmental.	All animal foods, fish and shell fish, Dairy products and eggs
Rice, soya, corn, beans, and lentils.	Gluten free diet To prevent symptoms of Coeliac disease.	Wheat, bread, cakes, biscuits, barley, oats.
Specially produced lactose-free dairy foods.	Lactose free diet To prevent symptoms of lactose intolerance.	Milk, milk products, and any food containing milk products.

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Can you think of a meal that would be suitable for someone that is Lactose intolerant?