

## 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 9 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)	<b>Lacto Vegetarian</b> Health, religious, ethical.	Meat, shellfish, fish, eggs, gelatin
Quorn, Tofu and all types of plant food.	<b>Vegan diet</b> Health, religious, ethical, environmental.	All animal foods, fish and shell fish, Dairy products and eggs
Rice, soya, corn, beans, and lentils.	<b>Gluten free diet</b> To prevent symptoms of Coeliac disease.	Wheat, bread, cakes, biscuits, barley, oats.
Specially produced lactose-free dairy foods.	<b>Lactose free diet</b> 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?