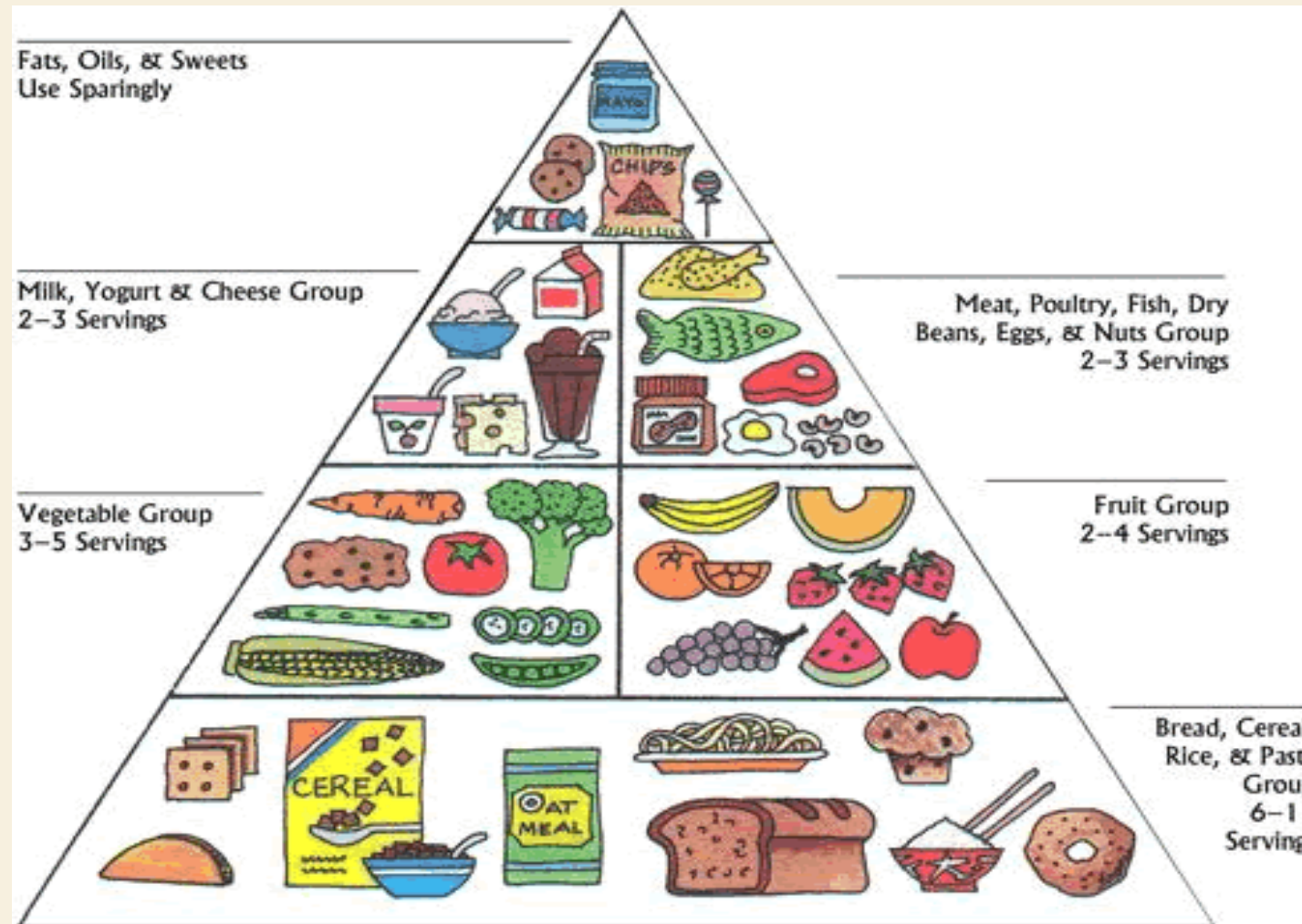


**THE NUTRIENTS
NEEDED FOR A
BALANCED
HEALTHY DIET**

QUICKLY JOT DOWN:

- What is your understanding of a nutrient?
- Where does the human body get its nutrients?
- Can you name any nutrients, and foods in which they are found?
- Do you know what jobs (roles) they do in your body?

HEALTHY EATING PYRAMID



USING THE PYRAMID PROVIDED:

- The pyramid is made up of different nutrients.
- Nutrients are chemicals a living organism needs to live and grow.
- Without nutrients the body can become ill, and eventually would starve to death.
- Now fill in each layer of your pyramid.
- Once complete, write a few lines on what the pyramid tells you. For example, why are fats and sugars at the top? Why are the other nutrients where they are?

A “BALANCED DIET”

- You’ve all heard that “it’s important to eat a balanced diet”.
- What does that mean?

A “BALANCED DIET”

- The GCSE definition is: “taking in the right amount or level of energy that the body needs in its expenditure of energy.”
- This means it **meets the requirements of the individual.**
- Would a bigger person need more food than a small person? A 2 year old compared to an adult?
- It should include foods from **ALL** the different food groups – this gives it **VARIETY.**
- It should suit the needs of the individual (some people are allergic to some foods, e.g. nuts, wheat or dairy.)

LETS LOOK AT THE DIFFERENT FOOD GROUPS!

- Carbohydrates!
- These are one of the most important food groups. Do you know what they do?
- Do you know which foods they are found in?
- There are 2 types – simple sugars and complex carbs.
- Which athlete might need these?

PROTEIN

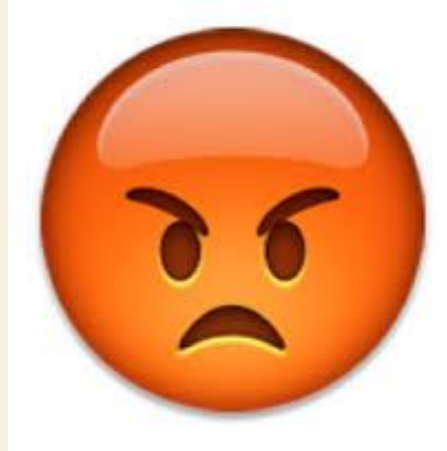
- What does the body use proteins for?
- Why are they very important to athletes?
- What foods are they found in?

FATS

- There are 2 types – tryglycerides and fatty acids.
- There are 2 types of fatty acids – saturated and unsaturated fats.
- Do you know which one of these is “good” fat and which one is “bad” fat?
- Which food groups are these fats found in?
- What are the effects of eating too much fat?
- Why are fats a necessary part of a balanced diet? What jobs does it do?

FIBRE

- Fibre is used to aid digestion.
- It prevents constipation!



- It is found in fruit and vegetables, cereals and wholemeal bread.
- It is food which is hard to digest, so goes through the digestive system and gives the intestines solid matter to squeeze against.

VITAMINS AND MINERALS

- These are found in fruit and vegetables, dairy products and meat.
- Where is calcium gained from and what does it do in the body?
- Iron is gained from red meat, and broccoli! Why is iron important to us as sportsmen?
- Vitamin D is gained from the sun and helps our immune system. Vitamin C is gained from fruit and vegetables helps prevent scurvy and gives us healthy skin.

WATER

- Water is an essential nutrient to maintain life.
- It carries nutrients (blood is a fluid!), it regulates temperature (sweating), removes waste products (urine).
- It's especially important to athletes, who have to increase their fluid intake when they are active.
- If not, it can cause heat exhaustion and severe dehydration.

USING YOUR PAPER PLATE:

- Create a pie chart!
- How much of your plate do you think should be carbohydrates?
- How much of your plate should be protein?
- How much fats should be eaten (both good & bad)?
- How much fruit and veg too?

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