

## Nutrition

### Macro and micro nutrients

Macro means big    Micro means small

The body needs macro nutrients in large amounts these are;

- ❑ Fat
- ❑ Protein
- ❑ Carbohydrates (starchy)

The body needs small amounts of micro nutrients, these are;

- ❑ Vitamins
- ❑ Minerals

### Nutritional needs depend on

Age  
Gender  
Occupation  
Activity level

and changes through each stage of our lives.

All groups need a balanced diet and should follow the Eatwell Guide.  
Except children under 2 years



Children grow quickly and are very active, so there is an extra demand for energy, and nutrients-they need more than adults (in proportion to their body size)

Teenagers - Adolescence is a period of rapid growth and is when puberty occurs & need good amounts of; Protein – to cope with growth spurts, boys tend to need more than girls as muscular tissue develops. Iron & Vitamin C – teenager girls lose iron when they have their period so it needs to be replaced or they could become anaemic. Vitamin C helps the body absorb iron. Calcium & vitamin D –The skeleton grows quickly during this time, these nutrients help the skeleton reach peak size and bone density.

Pregnancy- folic acid, a B vitamin, is needed before and during pregnancy to help prevent spina bifida. Baby's bones require a good supply of calcium from the mother's diet. Iron is needed for the production of additional blood supply and to lay down an iron store in the baby's liver.

Adulthood – Growth & development stops, so adults should focus on maintaining a healthy lifestyle. Follow the Eatwell guide to keep the body disease-free. Men usually require more calories than women because they have lean muscle (muscles need lots of energy to function properly) Iron is still important to women as they continue to lose it through periods. Calcium & vitamin D are important to reduce the chance of bone disease in later life(osteoporosis)

Tier 2 Vocabulary	Weight
Tier 2 Vocabulary	Protein
Tier 2 Vocabulary	Bacteria
Tier 2 Vocabulary	Carbohydrates

Fruit and vegetables should make up over a third of the food we eat each day.

Eat at least five portions of a variety of fruit and veg each day.

Can be fresh, frozen, tinned, dried or juiced.

Vitamins A, C and E

Carbohydrates

Fibre

Some minerals

### Benefits

1. Prevent constipation and digestive problems
2. Lower blood pressure,
3. Reduce the risk of heart disease and stroke
4. Prevent some types of cancer
5. Make you feel fuller for longer

### Versatility- eaten

raw/cooked/steamed

/baked/roasted/fried/pureed/dried

### Used in food styling –

scissored/sliced/diced/carved/

sprinkled

# Year 9 Food | Food choices

## Different dietary requirements

Dietary groups	Requirements
Coeliac	cannot eat foods with gluten (protein in flour) Must avoid Wheat, barley & rye. Need to avoid biscuits ,cakes, sauces, bread and use alternative flours e.g. coconut.
Vegan	Chooses not to eat anything animal-based , no milk & dairy, eggs, meat, fish. May be deficient in iron & vitamin B12
Lacto-ovo vegetarian	Consumes milk, dairy & eggs. No meat or fish
Lacto vegetarian	Consumes milk & dairy. No eggs, meat or fish

- **Seasonal factors**  
**Winter** - rely on comfort foods (starch based e.g. pasta bake/lasagne/baked potatoes)  
**Summer** - have lighter foods e.g. salads
- **Cost of food** - food prices increasing wages are being 'frozen'
- **Fashion/food trends**- street food trending at the moment/out-of-the-box e.g. Gousto/Hello fresh/pea milk/digestive wellness drinks e.g. Kefir and kombucha/

Tier 3 Vocabulary	Malnutrition
Tier 3 Vocabulary	Coeliac/lacto-ovo vegetarian/lacto vegetarian/vegan
Tier 3 Vocabulary	Recipe engineering
Tier 3 Vocabulary	Mis en place
Tier 3 Vocabulary	Dietary intolerance

## Religious beliefs

	BEEF	PORK	POULTRY & GOAT	FISH & SHELLFISH	EGGS	MILK
Buddhism	X	X	X	Some		
Hinduism	X	X			X	
Judaism	kosher	X	kosher	X	kosher	Not with meat
Islam	halal	X	halal	X		

- New technologies e.g. meat grown in labs
- Lifestyle and healthy eating – medical conditions e.g. diabetes/allergens/intolerances
- **Marketing and advertising**  
BOGOF (buy one get one free). Memorable adverts make us subconsciously buy foods we see advertised

- **Ethical choices**
- Likes/dislikes
- Age
- Accessibility
- Cooking facilities
- Time available
- Occasion
- Skills
- Religion
- Culture and tradition

