



Why do we need food? Session answers.



Food is like petrol it keeps our engine running and our bodily functions performing. We need foods nutrients for growth, repair, heat, energy and maintaining the bodies processes. A balanced diet will give us the necessary nutrients.

WARMTH ENERGY	GROWTH REPAIR	MAINTAIN BODY PROCESSES
Carbohydrates Fats Protein	Protein Minerals Water	Vitamins Minerals Water

METABOLISM
TRUE / FALSE

- 1) TRUE
- 2) FALSE
- 3) FALSE
- 4) FALSE
- 5) FALSE



THE 2 PROCESSES THAT HAPPEN WHEN WE SWALLOW FOOD ARE;
DIGESTION AND ABSORPTION.
WE COOK FOOD TO MAKE IT; DIGESTABLE, ATTRACTIVE AND SAFE TO EAT.

E	T	Y	X	G	N	I	Y	R	F	G	G
R	B	O	I	L	I	N	G	N	C	D	R
J	A	R	V	X	V	X	G	M	E	R	I
U	K	N	A	C	B	N	I	L	V	W	L
B	I	J	K	I	I	C	G	S	A	X	L
H	N	C	N	M	S	N	H	F	W	L	I
D	G	X	A	V	I	I	F	G	O	F	N
B	D	E	F	H	E	S	N	P	R	D	G
X	T	S	C	J	K	L	F	G	C	Q	K
S	V	A	D	T	S	T	E	W	I	N	G
Z	O	X	L	S	A	D	R	G	M	A	Z
P	C	V	T	G	N	I	T	S	A	O	R

WATER
TRUE / FALSE

- 1) TRUE
- 2) FALSE
- 3) FALSE
- 4) TRUE
- 5) FALSE

FOUR EDIBLE SEEDS ARE;

- Sesame seeds
- Sunflower seeds
- Poppy seeds
- Sunflower seeds
- Chia seeds



JOKE OF THE DAY!
ANSWER;
WATER!

List the 3 milk top colours; **RED, GREEN & BLUE.**
Which milk is the healthier colour and why?
RED, IT HAS MOST OF THE FAT SKIMMED OFF.
What is the recommended age to stop taking milk fats?
GENERALLY 5 YEARS OF AGE.



The coach says;
Everything in moderation! If you are going to eat chips? Eat big chips, the bigger the chip, the less the **FAT**? All the goodness and **VITAMINS** are just below the skin. Small potatoes, boil with the skins on! Large potatoes, bake with the skins on! You can do anything to a **SWEET** potato that you can to an ordinary potato, **TRY ONE!**