

What is food? Session answers.

SOLID, NUTRIENTS, ENERGY AND GROWTH.

PROTEINS, FATS, VITAMINS,
CARBOHYDRATES, MINERALS, WATER.



WARMTH ENERGY	GROWTH REPAIR	MAINTAIN BODY PROCESSES
CARBOHYDRATES FATS PROTEINS	PROTEINS MINERALS WATER	VITAMINS MINERALS WATER



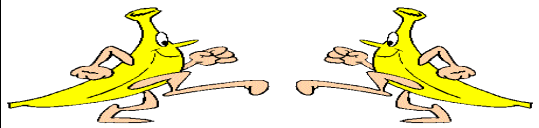
BECAUSE THEY DON'T
LIKE FAST FOOD!

BALANCE,
NUTRIENTS.

STARCHES, HEAT, ENERGY,
VEGETABLES, FIBRE, FAT,
SLOW RELEASE CARBOHYDRATES.

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

STARCHES	SUGARS
RICE	FRUIT
PASTA	HONEY
VEGETABLES	CANE SUGAR
FLOURS	MILK
CEREALS	WHEAT



ANSWER TRUE / FALSE	TRUE	FALSE
Vitamins are not needed for life!		✓
Lack of vitamins result in illness!	✓	
A balanced diet will give all the vitamins required!	✓	

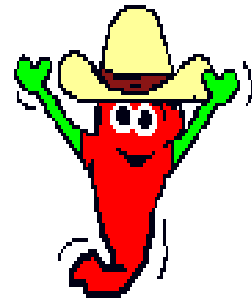
THEY ARE 19 NUTRIENT ELEMENTS NEEDED FOR THE BODY!
CALCIUM, PHOSPHORUS, IRON, SODIUM.



ANIMAL FATS	VEGETABLE FATS
BUTTER	MARGERINE
LARD	NUTS
CHEESE	SOYA
MILK	
CREAM	

Nutrients that protect vital organs and contain valuable vitamins . If fats are not solid at room temperature we call them Oils . Examples of oils are Seed, Nut and Olive oils.

BUILDING BONES AND TEETH.	CALCIUM
CONTROL OF THE BRAIN CELLS.	PHOSPHORUS
STRENGTHENS THE BLOOD.	IRON
CONTROL OF BODILY FLUIDS.	SODIUM

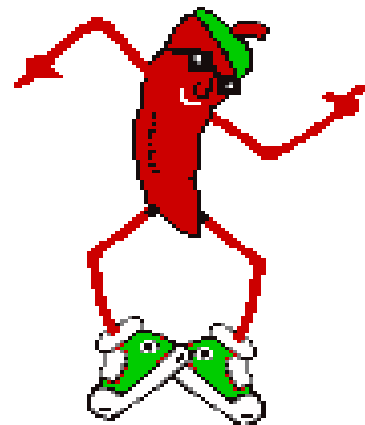


CHEMICAL NUTRIENTS VITAL FOR LIFE. A LACK OF VITAMINS LEADS TO ILL HEALTH. A BALANCED DIET WILL ENSURE YOU GET ALL THE VITAMINS THE BODY REQUIRES.

SCENT DETECTORS AND THE TASTE BUDS.

B	N	T	L	A	S
U	I	L	K	O	W
A	H	T	U	R	E
H	U	R	T	W	E
L	B	G	H	E	T
P	D	F	S	Q	R

H	S	I	G	H	T
C	H	M	F	Y	O
U	F	G	E	D	S
O	Q	C	N	L	P
T	A	S	T	E	L
K	H	A	S	Y	N



- 1) PAPAAYA 2) PHYSALLIS 3) STAR FRUIT 4) MANGOSTEIN 5) RAMBUTIN

WELL DONE! YOU HAVE COMPLETED SESSION 1

