

# YEAR 5 — LESSON 1



CLASSROOM  
KITCHEN

## Food Nutrition

To understand the consequences of bad eating and unhealthy lifestyles.

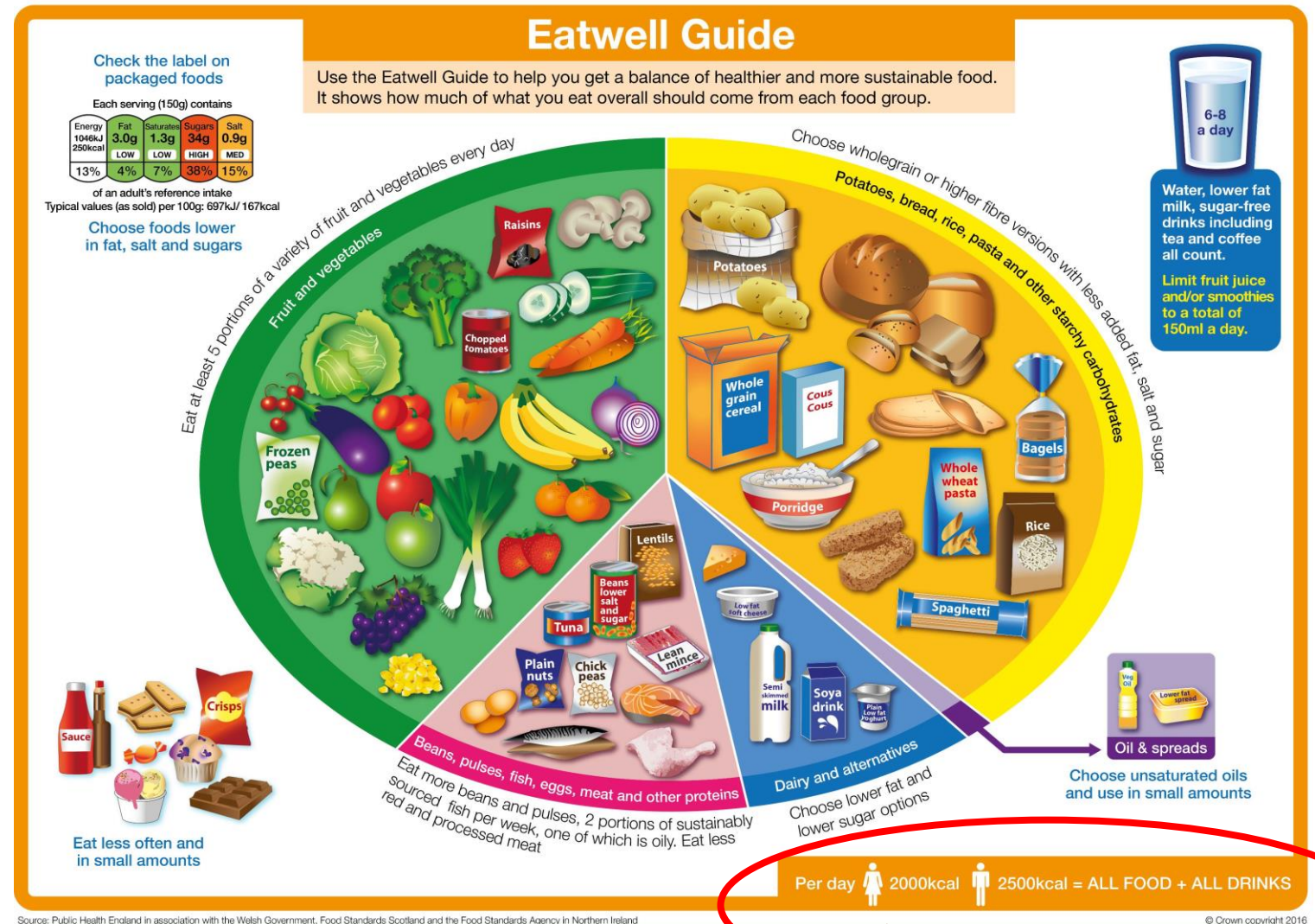
To explain the purpose of carbohydrates in the diet.



# THE EATWELL GUIDE...

The Eatwell Guide importantly shows us the balance of nutrients that we need every day!

Unfortunately, it doesn't show how much food in total we can eat everyday but it does tell us how many calories the average an adult should eat every day.



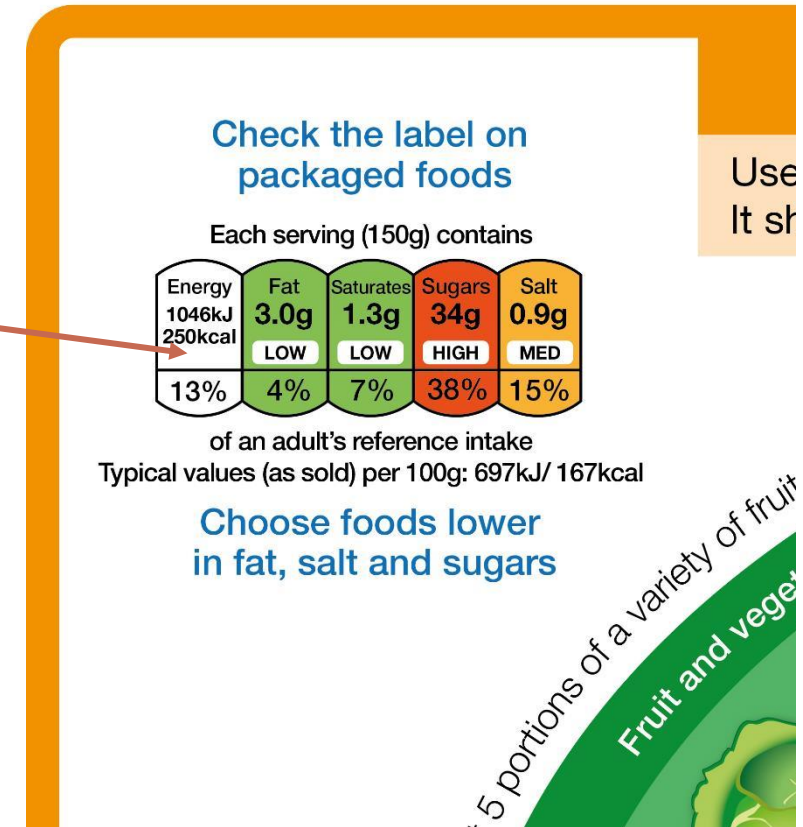
# WHAT ARE CALORIES?

Calories are the amount of energy you get from a food item!

We should only eat the amount of calories that our body burns everyday! For an adult female, the average is 2000 calories a day and for a male 2500.

Lots of things can affect how many calories (how much energy) your body burns everyday:

- Your body shape
- Your height
- How active you are



# WHAT HAPPENS IF WE EAT TOO MANY CALORIES?



If we eat slightly too many calories in a day, we probably would not notice!

If we eat too many calories everyday, then the first thing we would notice is that our weight and body shape will start to change! This is because your body smartly saves the unused energy and stores it for another time. However, if we don't burn off this extra energy then it can lead to more serious problems...



# BEING OVERWEIGHT...

Being overweight can lead to problems such as:

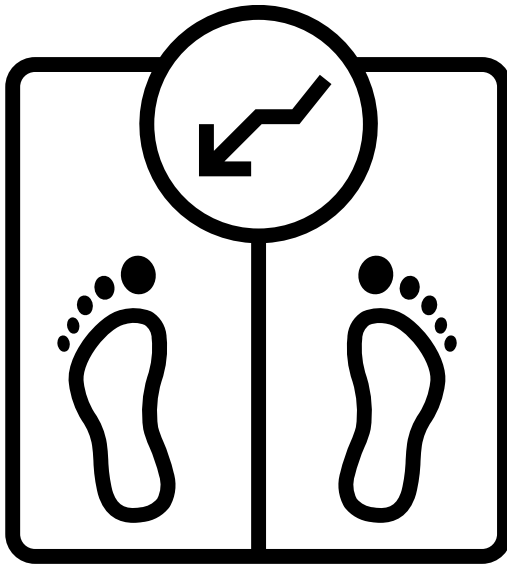
1. Type 2 Diabetes
2. Mental Depression
3. Heart Disease
4. Some forms of Cancer
5. A Stroke

As you can see, it can have life changing consequences. Eating well and exercising at a young age helps massively to avoid problems when you're older!



# WHAT HAPPENS IF WE DON'T EAT ENOUGH CALORIES?

This can be just as bad!



When we don't eat enough calories, we lose weight because our body will be burning more calories than we have eaten that day. If we are already a healthy weight, then we are going to eventually become underweight! This can have negative side effects too!

# BEING UNDERWEIGHT...



Being underweight can mean your body isn't getting enough nutrients and because of this it can lead to:

- Fragile bones - lack of calcium
- Poor Immune System - become ill more often and possibly more seriously
- Anaemic – lack of iron which leads to feeling tired all the time and drained of energy

# EAT A BALANCED DIET...AND THE RIGHT AMOUNT!

As we can see, the only way to stay healthy and feel healthy is to eat a balanced diet and the right amount of calories!

When eating for energy we need to be aware that fats contain double the amount of calories as carbohydrates and protein! Fat isn't our best source of energy as it is broken down very slowly. Our best nutrient for energy is carbohydrates!





# CARBOHYDRATES

There are 2 main types of carbohydrates:

**Simple** – These are the simple sugars that are found in sweets (refined sugars) and even natural sugars found in fruit and milk. These breakdown quick and give you the energy straight away!

**Complex** – Complex carbs are also known as starches found in breads, pastas, cereals etc. These carbohydrates break down slower and give you energy over a longer period of time!





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