



## Nutrition

Nutrition is a critical part of health and development and is the process of taking in food and using it for growth, absorption and repair.

Having too much sugar can lead to tooth decay and it can also make you feel tired quickly. As part of a balanced diet, a small amount of sugar is fine.

If you don't eat enough carbohydrates, your body won't have enough energy, so you might feel tired, weak, or find it hard to concentrate at school or play.

## Key Vocabulary

Word	Definition
hygiene	a series of practices completed to preserve the health of someone - washing hands, tying long hair back and cleaning surfaces
nutrition	compounds found in foods which are essential to maintaining a healthy lifestyle and diet
balanced diet	a diet which includes a variety of different types of foods in certain quantities or proportions
garnish	decorating or embellish food items
consumer	people who eat and try items of food
protein	essential nutrients needed by the human body
fats	a type of nutrient which you get from your diet
carbohydrate	a type of nutrient found in foods that provides the human body with a source of energy

## Food and Nutrition - Desserts

### Chocolate Chips

The nutritional value on food packets shows us what is inside the food, like energy, sugar, fat, salt and vitamins.

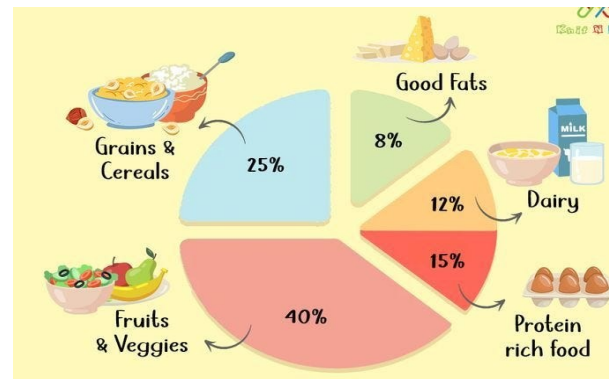
It helps people make good choices.

#### Guideline Daily Amounts

1/4 of a pack (25g)

Energy	Fat	Saturates	Sugars	Salt
573kJ 137kcal	8.0g	4.8g	14.3g	0.04g
7%	High 11%	High 24%	High 16%	Low 1%

of an adult's reference intake\*



### Hygiene



### Seasonality and Food Sustainability

Seasonality is about taking into consideration which foods are naturally ready to be picked and eaten during different times of the year meal.

Food sustainability means looking after our planet by not wasting food, eating fruits and vegetables that are grown nearby, and choosing farming that keeps animals and soil healthy.

- Nigella Lawson is an English food writer and television chef.
- Her passion for cooking is evident when you watch her baking on popular television programmes.
- She has won many awards for her cookbooks and recipes.

