

Key Vocabulary Overview					
carbohydrate	e.g. potatoes, bread, rice and pasta, which are a good source of energy for our bodies	sugar	used to sweeten food and drink	pescatarian diet	includes fish but not meat
protein	e.g. meat, fish, eggs and non-animal products such as beans, pulses and tofu, which help our body to grow and repair itself	fruit and vegetables	e.g. bananas, carrots, tomatoes and apples, which are a source of vitamins, minerals and fibre	vegetarian diet	does not include meat or fish but does include dairy products and eggs
dairy and alternatives	milk, products made from milk (e.g. cheese) or non-dairy alternatives, which contain calcium that keeps our bones and teeth healthy	balanced diet	eating a wide variety of foods in the right proportions	vegan diet	does not include any foods that come from animals
fats	substances found in food and drink that provide us with fatty acids and help us absorb some types of vitamin	nutrition	getting the food we need for growth and to be healthy	herbivore	an animal that only eats plants
		Eatwell Guide	shows us how much of what we eat should come from each food group	omnivore	an animal that eats both plants and other animals
		diet	the food that an animal eats	carnivore	an animal that only eats other animals (meat)
		omnivorous diet	includes all foods – both animal and plant based		

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Humans need a balance of different kinds of foods to be healthy. This balance looks different for everyone. Everyone has different likes and dislikes and some people may have allergies or choose not to eat some foods.

Eatwell Guide

The **Eatwell Guide** has been produced by the UK government to help us understand how to have a **balanced diet**. It shows how much of what you eat overall should come from each food group.

Food Labels

Food labels tell you if a food has high (red), medium (amber) or low (green) amounts of **fat**, saturated **fat**, **sugars** and salt.

Each serving (150g) contains

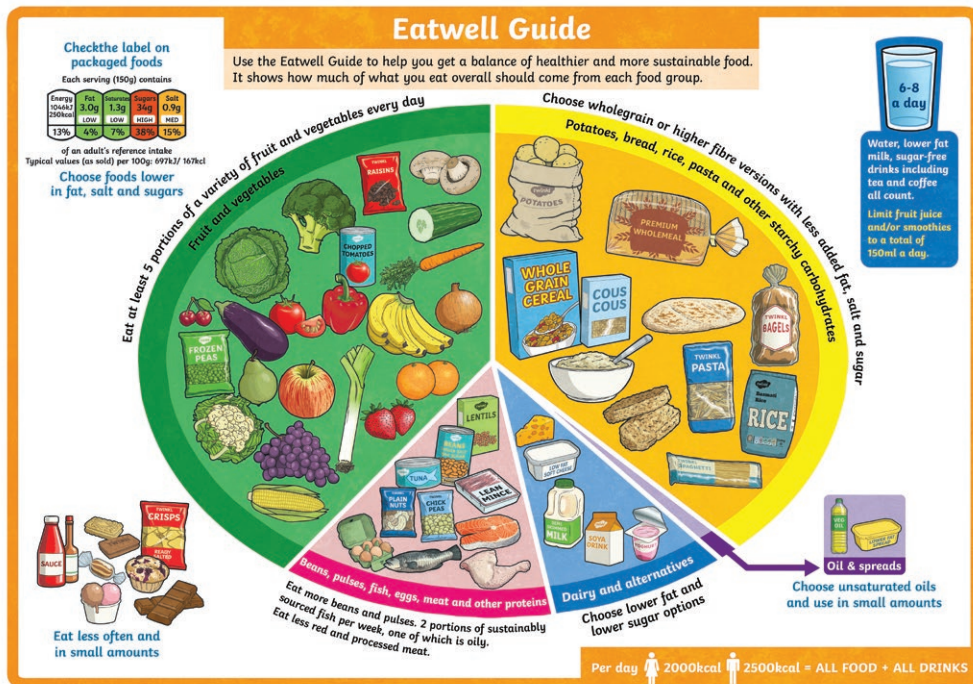
Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturates 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%



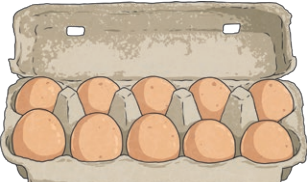


of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcl

Choose foods lower in fat, salt and sugars

Vitamins and Minerals

Vitamins and minerals are needed by our bodies in small amounts to keep us healthy and our bodies working properly. They have specific functions around the body. Examples include vitamin A, vitamin C, calcium and iron.



Food Groups				
Fruit and Vegetables	Carbohydrates	Proteins	Dairy and Alternatives	Oils and Spreads
<ul style="list-style-type: none"> aim to eat at least five portions of a variety of fruit and vegetables each day sources of vitamins and minerals but also fibre help digestion 	<ul style="list-style-type: none"> wholegrain varieties are recommended because they contain more fibre sources of energy for bodies contain fibre, calcium, iron and B vitamins 	<ul style="list-style-type: none"> sources of vitamins and minerals, which help keep us healthy needed for the body to grow and repair itself 	<ul style="list-style-type: none"> sources of calcium, which help keep our bones strong a good source of protein as well as the foods found in the proteins section 	<ul style="list-style-type: none"> all types of fat should be eaten in small amounts but you do need some fat in your diet 

Fats

Fat is a source of 'fatty acids', which our bodies cannot make themselves. Unsaturated **fats** are healthier **fats** and are found in foods such as olive oil and vegetable oil. Saturated **fat** is found in foods such as chocolate, cakes, biscuits, butter, sausages and pastries.

Different Diets

There are different **diets** that humans may follow: **vegan**, **vegetarian**, **pescatarian** and **omnivorous**.

Animal Diets

Animals need food to survive. The type of food they eat is different for different animals. Some animals have very varied **diets**, while others have very specialised **diets**.