

Digestion and Nutrition

Lesson 1 - Healthy Diet (Part 1)

Biology - Key Stage 3

Mrs Walsh



Knowledge check - Pause

Write a sentence for carbohydrates, proteins and fats. Include why they are needed in the body and an example of a food source.

e.g.

- Carbohydrates are needed for,... A good source of carbohydrates is.....
- Proteins are needed for A good source of protein is
- Fats are needed for..... A good source of fats is.....



Knowledge check - Pause

Identify the different components to a healthy diet and state the source of the component (i.e. the food item it is found in).

E.g. _____ found in _____



What is a balanced, healthy diet?

Energy is measured in **joules**, but because there are large numbers in food, kilojoules are used. (1000 Joules)

Very often, calories are used. 1 calorie is approximately 4.2 joules.

Example

How many joules are in 4kJ?

1kJ = 1000J

4kJ = 4000J

1. How many joules are in 2kJ
2. How many joules are in 10kJ
3. How many kilojoules are there in 4200J?
4. How many calories are in 4200J?



Independent Practice

Analyse the nutritional information for the cookies from the video..

Find the mass of carbohydrates, proteins, fats, and fibre:

- In 1 serving
- Per 100g (challenge)

(100g / serving size (g)) x nutrient mass

E.g. Sugars

(100/30) x 9g = 29.9g (30g)



Food item	Calories (kcal)	Carbohydrates (g)	Protein (g)	Fat (g)	Fibre (g)
	Per serving				
	Per 100g				
(Choose one of your own)	Per serving				
	Per 100g				



Independent Practice

Study the pie chart from the video.

1. Which food items should we eat in moderation (not as often)?
2. Why do bread, cereals and potatoes make up $\frac{1}{3}$ of our diet?
3. Why do fruit and vegetables make up $\frac{1}{3}$ of our diet?

