Slide 2

* Food provides nutrients that provide energy, aid body growth, and upkeep the body.
* Macronutrients are nutrients we eat in large amounts. They provide our bodies with energy, and form the building blocks for growth and maintenance
* Carbohydrates, protein, and fat are examples of macronutrients

Slide 4

* Carbohydrates are the preferred source of energy in the body. They provide dietary fibres, create a feeling of fullness, satisfy hunger, reduce the risk of some diseases, and can be converted to glycogen and stored in the liver or muscle tissue to be converted to glucose when needed.

Slide 5

* Carbohydrates are in bread, rice, potatoes, pasta, breakfast cereals, fruit, vegetables, and milk

Slide 6

* Fibre regulates bowel movements and reduces constipation. They also satisfy hunger, stabilise glucose levels, lower cholesterol, and keep the digestive system healthy and reduces the amount of time food spends in the intestine.

Slide 7

* High fibre foods are breakfast cereals, wholegrain bread, wholewheat pasta, beans, dry peas, chickpeas, lentils, fruit, vegetable.

Slide 8

* Protein promotes growth, maintenance and repair for all cells in the body. They also produce enzymes, hormones, haemoglobin, and antibodies, used to regulate metabolism.
* Protein is a secondary source of energy. Excess protein is metabolised and converted into energy or stored as fat

Slide 9

* Protein sources are meat, fish, eggs, dairy foods, cereal, soya products, nuts, and pulses.

Slide 10

* Fat is the most concentrated food energy source and converted into body fat if the energy is not used. They make food easier to swallow and chew, source vitamins A, D, E, and K, provide protection for your bones and organs, keeps your body warm, and helps hormone production

Slide 11

* Fat is in fats and oils, meat products, dairy foods, oily fish, nuts, seeds, and avocados.

Slide 13

* With high amounts of energy, you feel hyper and energetic, and you use that energy. When you don’t have lots of energy, you feel tired or even lethargic. You get more energy by eating food.
* I have felt tired during the middle of the day, and usually a food boost or doing something fun will give me more energy.
* Physical activities use a lot of energy while sedentary activities use barely.

Slide 14

* Energy balance is the balance of your body between energy coming in and energy going out.
* It’s important to eat food from different food groups.
* Some activities use more energy than others.

Slide 17

* Walking, Exercise, Riding bike.