



What are Nutrients?
Nutrients are the building blocks that make up food and have specific and important roles to play in the body. Some nutrients provide energy while others are essential for growth and maintenance of the body.

Macro Nutrient	Role in the body	Food Example
Carbohydrate	The main source of energy for the body.	Bread, rice, pasta, potatoes
Protein	Provides the body with growth and repair.	Meat, poultry, beans, eggs, lentils, tofu, fish



2. Micronutrients

Vitamin	Role in the body	Food examples
A	Helps to keep the eyes healthy and strengthen the immune system.	Dark green leafy vegetables, carrots, liver
B	Helps to release the energy from the food we eat.	Bread, milk, cereals, fish, meat
C	Help with skin healing and healthy skin. Help with the absorption of Iron.	Fresh fruit, broccoli, tomatoes
D	Important for absorbing calcium and help with healthy bone structure.	Oily fish, eggs, butter, Sunshine

Vitamins -Help to keep our immune system up and help our body to stay healthy – they important for body maintenance.

Mineral	Role in the body	Food Examples
Calcium	Important for strong teeth and bones. It also helps with blood clotting.	Milk, yoghurt, soya, dark green leafy vegetables
Iron	Needed for red blood cells which help to transport oxygen around the body.	Nuts, whole grains, dark green leafy vegetables, meat, liver

Minerals- Help to keep our immune system up and help our body to stay healthy. Vitamins and minerals are Micronutrients.

4. Food Labelling



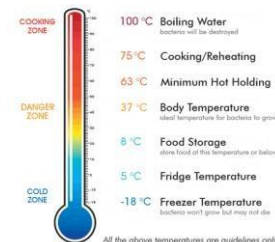
These foods include chocolate, cakes, biscuits, sugary soft drinks, butter, ghee and ice cream.

They're not needed in our diet, so should be eaten less often and in smaller amounts.

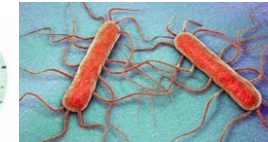
5. Food Poisoning and Bacteria

You can avoid getting food poisoning by cooking your food carefully, following cooking instructions and cooking food for the correct length of time and temperature. This ensures that any harmful bacteria in the food are killed. Here's some tips to ensure you're not nibbling on any nasties.

- A food thermometer can be used to check food is cooked thoroughly, food should be 75°C or above in the thickest part. Some foods change colour when they are cooked so you can check this too.
- Always check your food is steaming hot in the middle.
- Make sure frozen vegetables are cooked before you eat them. If intending to use cold, cook first, cool quickly and store in the fridge for up to two days.
- If you are cooking a large dish you may have to check in more than one place that it is cooked properly.
- Always follow cooking instructions on the label.
- Don't reheat food more than once.
- When reheating, take extra care your food is heated all the way through.



Pathogenic bacterium	Where it is found	Typical symptoms	Average onset time
Staphylococcus aureus	Humans: nose, mouth and skin. Untreated milk.	Severe vomiting, abdominal pain, weakness and lower than normal temperature.	48 – 60 hours
Salmonella	Raw meat, poultry and eggs. Flies, people, sewage and contaminated water.	Headache, general aching of limbs, abdominal pain and diarrhoea, vomiting and fever.	12- 36 hours
E Coli 0157	Raw and undercooked meat and poultry. Unwashed vegetables. Contaminated water.	Diarrhoea, which may contain blood, can lead to kidney failure or death.	1- 6 hours
Campylobacter	Raw and undercooked poultry, unpasteurized milk, contaminated water.	Fever, headache and dizziness for a few hours, followed by abdominal pain.	12-24 hours



Keywords



Extended reading



Quiz



Video links



Revision Techniques

