

Y7 Progress Check Revision

Definition of **Nutrition**:

The process of providing or obtaining the food necessary for health and growth.

Nutrient	Function
Protein	Provides some energy, mainly used for growth and repair of muscles.
Fat	insulation/protect arteries. Gives energy and some vitamins.
Carbohydrates	provide the body with energy.
Fibre	to aid digestion, provides bulk, which helps the walls of the intestine move food and faeces along the gut.
Vitamins and Minerals	Needed in very small amounts for growth and health, they help the body function properly and stay strong.



Video Clips:

[https://www.youtube.com/watch?v=jagLUAJOLpM&list=P
LSXnX8IDffhTq41shvMiA7n9xCVlt7_nN&index](https://www.youtube.com/watch?v=jagLUAJOLpM&list=PLSXnX8IDffhTq41shvMiA7n9xCVlt7_nN&index)

[https://www.bbc.co.uk/bitesize/guides/zyjx6sg/revi
sion/3](https://www.bbc.co.uk/bitesize/guides/zyjx6sg/revision/3)

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Name:

Date:

Name the function (job) of each nutrient.

Nutrient	Function
Protein	
Fat	
Carbohydrates	
Fibre	
Vitamins and Minerals	



Make some notes about the Eatwell Guide:

Ideas for meals that are nutritious and fit with healthy eating?



Remember to include as many sections of the Eatwell Guide!

Suggest some meals that fit with the advice of the Eatwell Guide.

Sharon isn't happy with her diet and doesn't know how to improve it. She's completed a food diary and wants you to look at it and make some suggestions.

Breakfast— nothing

Snack—cup of tea with one sugar, 2 chocolate biscuits

Lunch—fish and chips, can of coke

Snack—1 bag of crisps, mars bar

Tea—Curry, rice and naan bread. 2 smoothies

Snack—slice of cake and an apple.

Before bed—hot chocolate with whipped cream and marshmallows.

Suggest how Sharon could eat a more balanced diet, explain the changes you would make.

	Changes	Reasons
Breakfast		
Lunch		
Tea		
Snacks		