

# Year 8 - Nutrients

Food safety and hygiene is about protecting people and reducing the risk of food poisoning.



<https://www.youtube.com/watch?v=zE0ypKtFuWQ>

The Eatwell Guide shows the types and proportions of foods people need for a healthy and well-balanced diet.



<https://www.youtube.com/watch?v=7MIE4G8ntss>

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

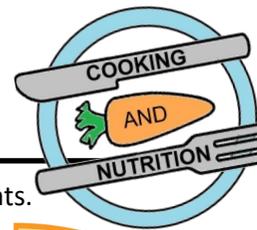
<https://www.youtube.com/watch?v=8aWqZd9RScQ>

Carbohydrates are *macronutrients*.

The main function is to **provide energy** to the body.

2 main types = **starchy** (complex) and **sugary** (simple)

**Complex** = long lasting energy;  
**Simple** = short burst of energy



<https://www.youtube.com/watch?v=PByM12M1n3A>

<https://www.youtube.com/watch?v=Xto8ZqCYDvY>

## Key vocabulary

- safety / hygiene
- nutrients / sources / function
- carbohydrates / protein / amino acids
- HBV / LBV / protein complementation
- fibre / vitamins / minerals / fat / water
- deficiency / excess
- convection / conduction / radiation



<https://www.youtube.com/watch?v=fiFi-d0RwKo>

Proteins are *macronutrients*.

They're used by the body for **growth, repair** and maintenance of **muscle and tissue**.

2 main types = **HBV** (high biological value) and **LBV** (low biological value)

**HBV** = contain all 9 essential amino acids;

**LBV** = contain some but not all 9 essential amino acids

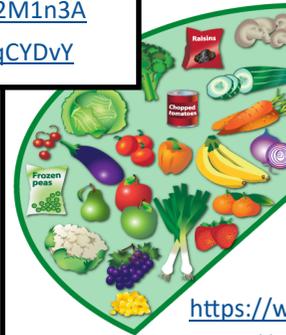
<https://www.youtube.com/watch?v=61Lelea02ao>

<https://www.youtube.com/watch?v=KSKPgaSGSYA>



## vitamins and minerals

are *micronutrients*. They have a wide range of health benefits.



<https://www.youtube.com/watch?v=K5pW7rpMTQw>

<https://www.youtube.com/watch?v=kteZneJm1EI>

<https://www.youtube.com/watch?v=1u5HOURq7kQ>

**Conduction** is the transfer of heat through a **solid**

**Convection** is the transfer of heat through a **liquid** or **gas**

There are 3 methods of

## Heat Transfer

<https://www.youtube.com/watch?v=vg5k6t6uZwE>

