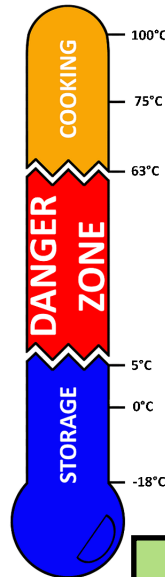


Year 8 - Nutrients

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



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



Carbohydrates are *macronutrients*.

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

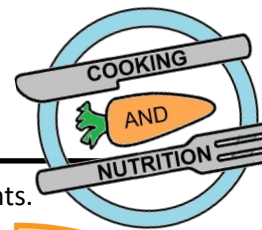
2 main types = **starchy** (complex) and **sugary** (simple)

Complex = long lasting energy;

Simple = short burst of energy

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

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



Proteins are *macronutrients*.

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

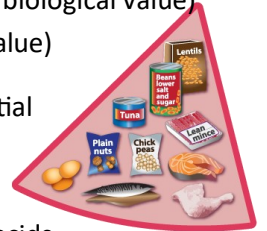
2 main types = **HBV** (high biological value) and **LBV** (low biological value)

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>



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

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>

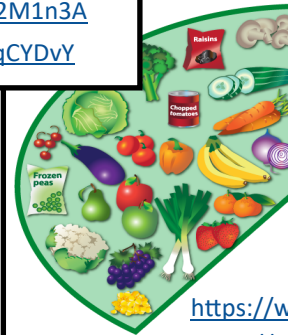
<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

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

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>

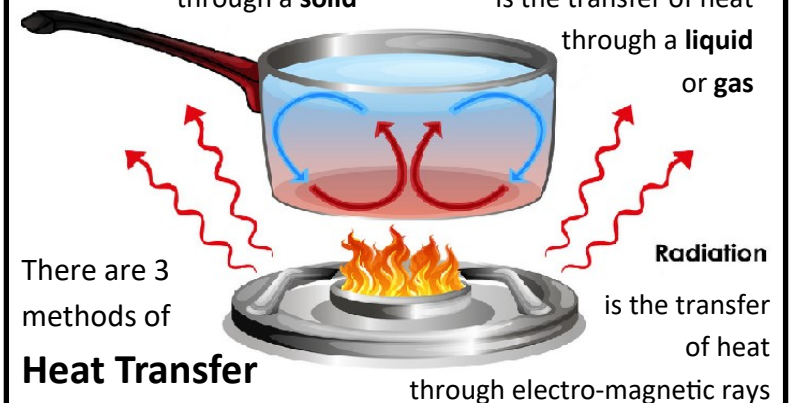
Conduction is the transfer of heat through a **solid**

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>



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