

Year 9 Keywords:

Spring

Diet

Our students will understand the 7 different components of a balanced diet. This will help inform them to make good choices surrounding food as well as to ensure they understand when certain food groups are needed for exercise.

Keyword	Definition
Fibre	Is responsible for digestion in our body.
Minerals	<p>We need them for healthy bones and teeth, as well as the growth of other tissues. They include things like:</p> <ul style="list-style-type: none"> ○ Calcium for strong bones and teeth as well as muscle contraction. This is found in dairy products and vegetables. ○ Iron for haemoglobin in red blood cells. You can get iron from liver, beans and other green vegetables.
Vitamins	These are needed for chemical reactions and also to help our bones, skin and teeth to grow.
Carbohydrates	<p>Carbohydrates are primarily involved in energy production.</p> <p>Stored in the muscles and the liver as GLYCOGEN. For example pasta</p>
Protein	Proteins are responsible for building body tissue and are essential for muscle repair. For example meat and fish.
Fats	Fats are a major source of energy for athletes performing low-intensity endurance exercise. They also play an important role in insulating the body.

Water	Water carries nutrients around the body and helps with the removal of waste products.
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