

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Nutrition Knowledge Organiser



Carbohydrates

Carbohydrates provide the energy needed to perform the important functions of the body and to keep it active. Only some carbohydrate sources are nutritious, as refined carbohydrates lack essential elements that promote health, such as, vitamins, dietary fiber and minerals. These nutritional substances are vital for normal functioning of our body because they contain hydrogen, carbon and oxygen, which our body is made of. During digestion glucose is released by carbohydrates, and transported to different organs through the blood. The cells of the organs convert carbohydrates into energy. To gain your daily dosage of energy consume t foods like vegetables, pasta, bread and whole grains.

Protein

Proteins are essential nutrients present in all living organisms. They help in the development of organs, tissues, muscles, and hormones in the body. They are a great source of energy and support in the growth and functioning of our body. It is necessary to consume a high-protein diet while doing physical exercises. However, proteins are made up of a highly complex substance which takes a lot of effort to break itself down completely into energy. Hence, consuming excess protein put a lot of pressure on the liver and kidney thus ultimately causing harm to our body.

Vitamins



Vitamin A	Beneficial in treating eye disorders, skin infections
Vitamin B9	Reduces risk of neural tube defects during pregnancy
Vitamin B12	Provides relief from symptoms of anemia, kidney and liver disorders
Vitamin C	Helps treat scurvy, cancer and common cold
Vitamin D	Aids in treating arthritis, tooth decay, diabetes and rickets
Vitamin E	Improves blood circulation and slows down aging process
Vitamin K	Reduces risk of menstrual pain and internal bleeding

