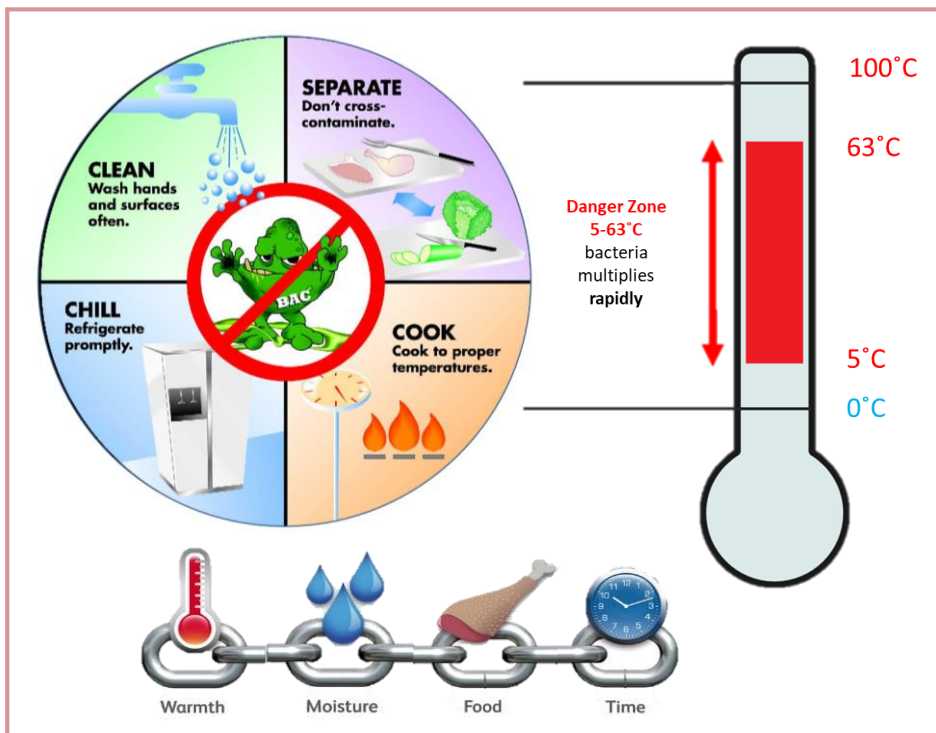


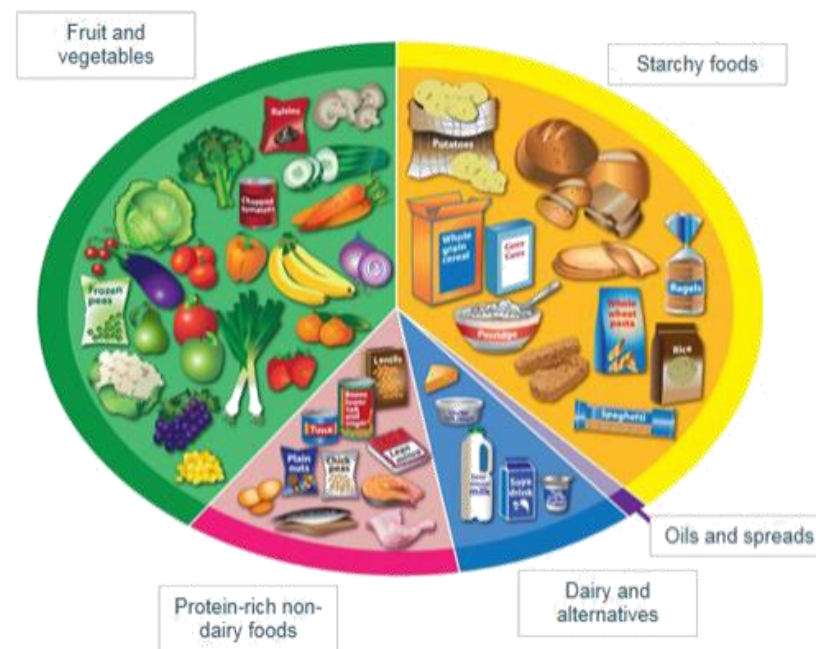


Knowledge Organiser: Year 7 Food & Nutrition



keyword	definition
bacteria	microscopic single-celled organisms
release	setting free or letting go
energy	how things change or move
glucose	the sugar found in blood – blood sugar
fatigue	being very tired
vegan	someone who does not eat any animal products
vegetarian	someone who does not eat the flesh of animals

analyse	Break down into its fundamental parts and examine each in detail , stating its significance
compare	Identify differences and similarities between two or more sources of evidence
describe	Write about the key features of a source of evidence using factual details
discuss	Build up a balanced argument with supporting details
evaluate	Make a judgement about or give an opinion on a source of evidence backed up by supporting details
explain	Give reasons or causes for. Show an understanding of how or why something has occurred.
summarise	Draw your key ideas and key points on a source of evidence together in one short section of writing





Protein helps the body grow and repair muscles.

There are two types of protein...

High Biological Value (HBV)	Low Biological Value (LBV)
These are from animal sources	These are plant sources
Examples are: <ul style="list-style-type: none"> dairy: eggs, milk, cheese poultry: chicken, duck, turkey red meat: beef, pork, lamb 	Examples are: <ul style="list-style-type: none"> wholegrains (bread and pasta) lentils, beans, peas nuts and seeds

Fats insulate our body and help to protect our internal organs. There are two types of fats...

Saturated fats	Unsaturated fats
These are: <ul style="list-style-type: none"> solid at room temperature not very good for us 	These are: <ul style="list-style-type: none"> liquid at room temperature better for us
Examples are: <ul style="list-style-type: none"> visible white fat on meat butter and lard 	Examples are: <ul style="list-style-type: none"> olive oil, vegetable oil, sunflower oil etc seeds and nuts avocados

✓ COMPLEX CARBS

✗ SIMPLE CARBS

Complex carbohydrates provide the body with **slow release energy**. These are better for us as they keep us fuller for longer and help maintain a constant energy level.

Simple carbohydrates provide the body with a **short burst of energy known as a sugar rush**. After this we come down from the 'rush' and go into a state of fatigue where we become really tired.



Vegans and vegetarians:

- Vegetarians do not eat meat, but will eat eggs and dairy.
- Vegans do not eat any animal produce whatsoever, including honey.