

2

Food and nutrients



Obesity and malnutrition

An unhealthy diet and lifestyle can cause serious health problems.

For example, eating too much and doing too little exercise can cause obesity. This is because you take in more nutrients than you need. Obesity can cause illnesses and health problems.

On the other hand, eating too little can cause malnutrition. This is because you don't take in enough nutrients. Malnutrition can cause weight loss and illnesses.

Therefore, it is important to have a healthy diet. Boys and girls with a healthy diet are active and full of energy. They will grow into healthy adults.





Read and understand

- What happens if you eat too much and do too little exercise? And if you eat too little?
- What is malnutrition?
- Malnutrition affects millions of people around the world. Is it a problem in developing countries or in rich countries? What about obesity?
- What sport are the children practising in the photograph?
- **SPEAKING.** In pairs, invent some slogans to fight obesity or malnutrition.



➔ KNOW HOW TO



Find out about nutrients in food.

Find out what foods to include in a healthy diet.

FINAL TASK

Interpret foods labels.

WHAT DO YOU REMEMBER?



- The foods we eat come from plants or animals.

Make a list of five foods of plant origin and five of animal origin.

- To keep healthy we need to eat a variety of different foods.

Look at this typical English breakfast. Name the foods and drinks and say if they come from plants or animals.



Nutrients



What are nutrients?

Nutrients are the substances contained in food. They pass into your body when you eat or drink. Nutrients are very useful for your body. They help you to stay healthy.

The main types of nutrients are **carbohydrates, fats, proteins, vitamins** and **minerals**.

Carbohydrates

Carbohydrates give us **energy**.

Some carbohydrates are **sweet**. These are found in sugar, honey and fruit. Other carbohydrates are **not sweet**. These are found in foods such as bread, rice, pasta, potatoes and pulses. **1**

Fats

Fats give us **more energy** than carbohydrates.

There are fats of **animal origin**, for example, butter and bacon. There are also fats of **plant origin**, for example, olive oil and sunflower oil. **2**

Chocolate, sweets, cakes and oil contain fats. There are also fats in meat, sausages and hamburgers.

Carbohydrates and fats are nutrients. They give us energy.

LEARN MORE

Fibre

Fibre is found in foods of plant origin. It is in vegetables and fruits. There is also fibre in wholegrain bread, biscuits and pasta.

Fibre does not give you energy, and does not help you to grow. But it helps your digestive system to stay healthy.





Proteins

WORK WITH THE PICTURE

- Say the names of the fruits and vegetables you know.
- Point to the section of the food wheel that contains meat and fish.

Proteins help you to **grow** and **repair** your body. They help to form your muscles.

Proteins are found in meat, fish, eggs, dairy products and pulses. **3**

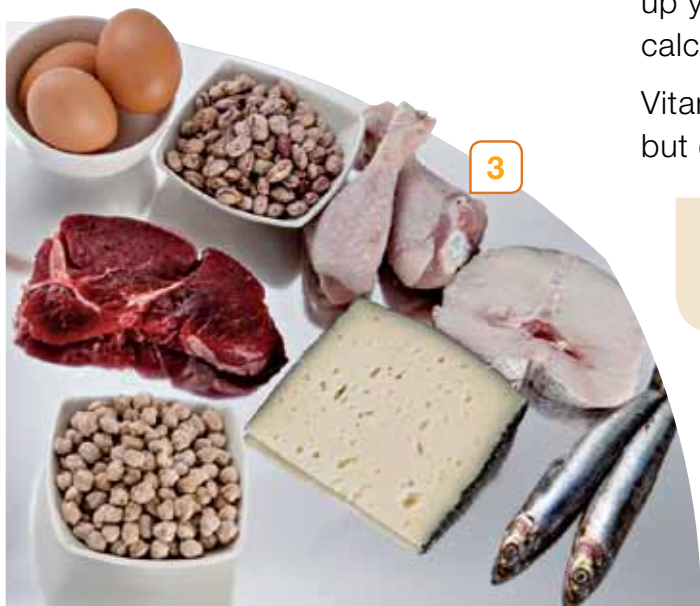
Vitamins and minerals

Vitamins and **minerals** help you to **stay healthy**.

Calcium is a very important mineral because it makes up your **bones** and helps you to grow. There is a lot of calcium in milk and cheese.

Vitamins and minerals are found in many different foods, but especially in fruit, vegetables and dairy products. **4**

Proteins help you to grow and repair your body.
Vitamins and minerals help you to stay healthy.



ACTIVITIES

- 1** What are nutrients? How does your body obtain them?
- 2** **WRITING.** Write three types of food that contain the following nutrients:
 - carbohydrates
 - proteins
 - fats
 - vitamins
- 3** **VALUES EDUCATION.** Some children do not have access to all the foods they need to be healthy.

What do you think about this? Discuss.

A healthy diet



Diet and health

A **diet** is everything a person normally eats and drinks every day.

A healthy diet should take into consideration three things: your **age**, how **physically active** you are, and how **healthy** you are.

A diet should be sufficient and balanced.

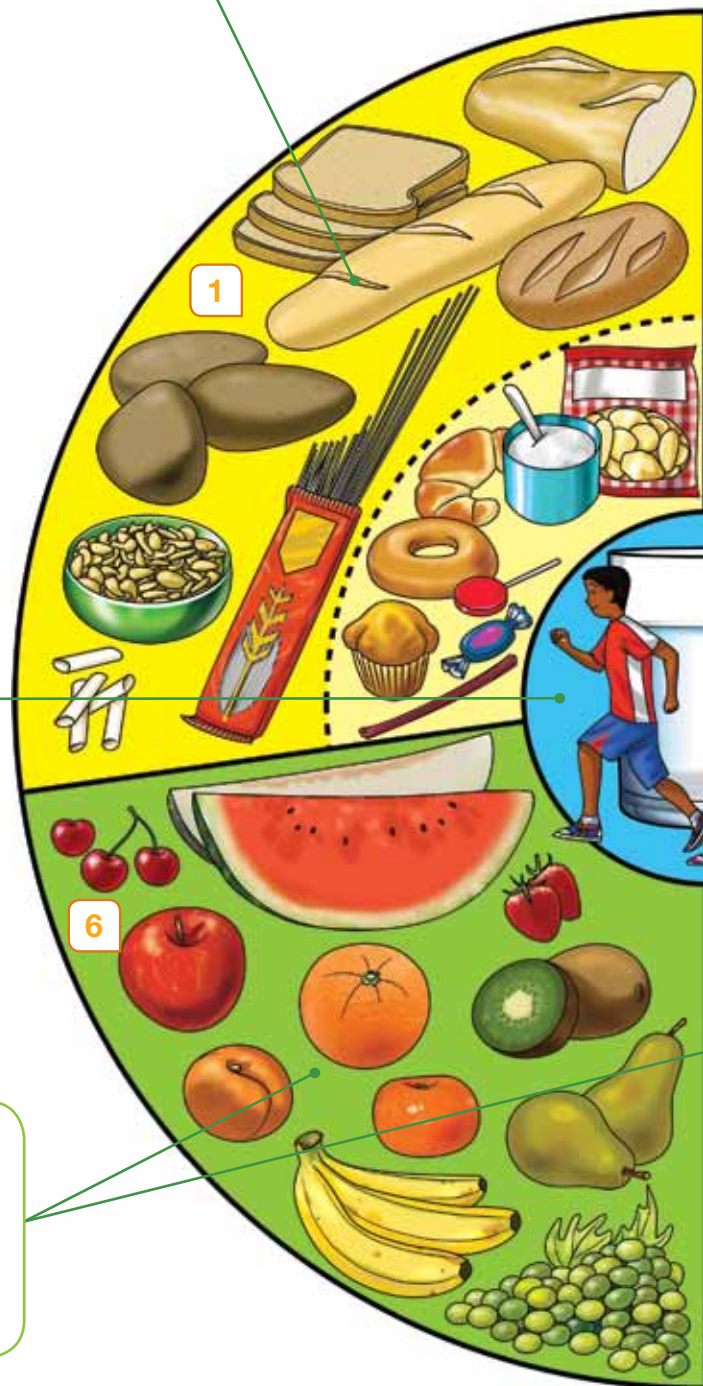
- A **sufficient diet** gives you the **right amount of energy** you need, but not too much.
- A **balanced diet** gives you the **right amount of nutrients**.

A healthy diet should be sufficient and balanced. A healthy diet helps you to stay healthy.

Foods in **group 1** are cereals, bread, pasta, potatoes and sugar. They contain **carbohydrates** and give us energy.

Drinking **water** and doing **exercise** are essential for good health. For this reason, they are in the centre of the food wheel.

Foods in **group 5** are vegetables, and foods in **group 6** are fruits. They give us **vitamins, minerals** and **fibre**. These foods are very important in our diet.



Foods in **group 2** contain **fats**.
Examples are oil, butter and
bacon. Fats also give us energy.

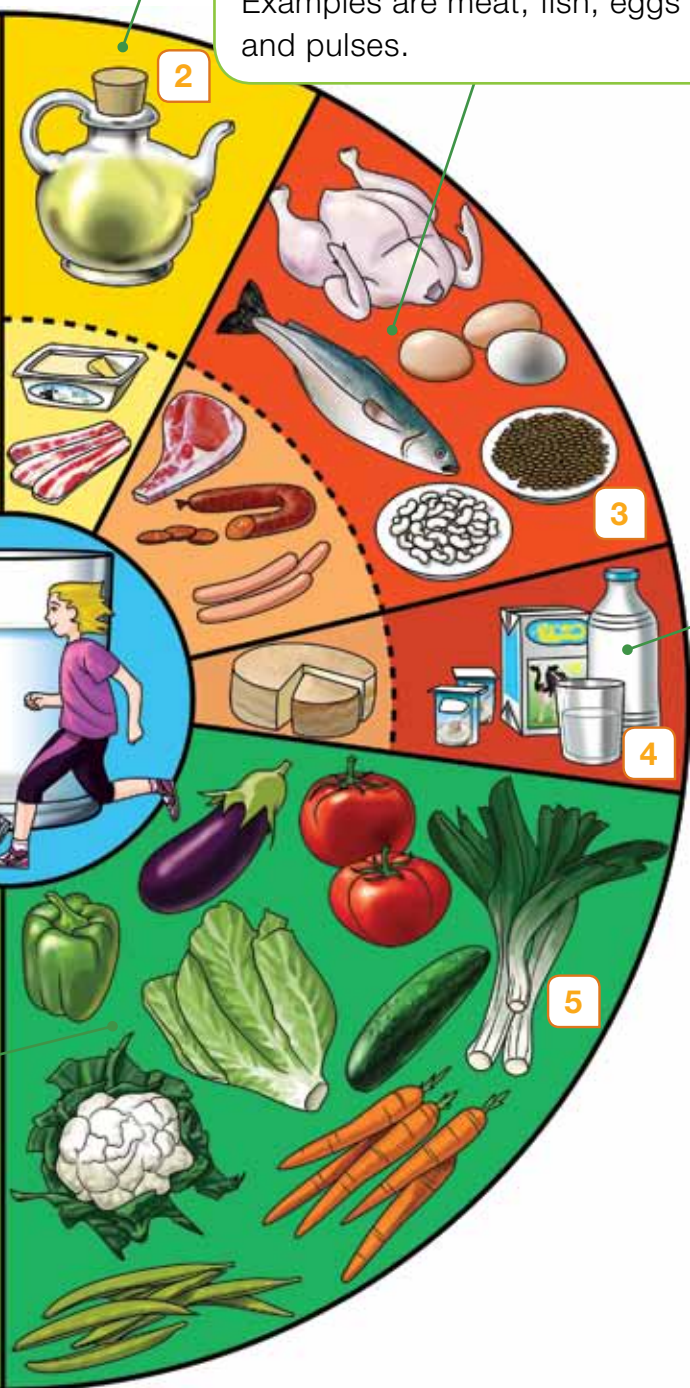
Foods in **group 3** contain **proteins**.
Examples are meat, fish, eggs
and pulses.

The food wheel

The **food wheel** helps you to choose a sufficient, balanced diet. The wheel is divided into **six** different **food groups**. Follow these instructions to use the food wheel:

- You should eat foods from all the groups, but you should eat more foods from the groups in the bigger sections.
- There are smaller pictures of foods in some groups. You shouldn't eat too many of these foods.
- In the centre are two very important things: you should drink a lot of water and do a lot of exercise.

Foods in **group 4** are **dairy products**. They include milk and yoghurt. They give us **proteins** and **calcium**.



ACTIVITIES

- 1 **Look at the food wheel and answer.**
 - Which food group is the biggest section? Why?
 - Which foods are represented in smaller pictures? Why?
- 2 **THINK ABOUT IT. Do you think a child of your age and a 70-year-old person should follow the same diet? Explain.**

Healthy habits

2.7

Foods you should eat every day

Cereals, bread, pasta and potatoes give you **energy**. You should eat foods from this group every day. **Wholegrain** foods are healthier because they contain **fibre**.

You should eat **three pieces** of **fruit** every day.

You should have vegetables for lunch and dinner.

You should drink at least **two glasses** of **milk**, or eat yoghurt or low fat cheese every day.

Proteins in fish, meat, eggs and pulses are very important, too. You should eat some of these foods for lunch and dinner. You should eat as much fish as meat. Chicken contains less fat than red meats. **1**

A small amount of oil, especially olive oil, is recommended in a healthy diet.

Foods you should eat occasionally

There are some foods that you should eat only occasionally:

- Foods that contain a lot of **sugar**, such as sweets, some processed foods, cakes and fizzy drinks. **2**
- Foods that contain a lot of **fats** of **animal origin**, such as bacon, butter, fatty meat, sausages and fatty cheeses.

Generally, **fresh**, home-cooked meals are healthier than **processed foods**.

You should eat the right amount from each food group.



1 Different types of fish. Fish gives you proteins.



2 Foods you should eat occasionally. You usually eat cake on special occasions.



Daily meals

You should eat five meals a day: breakfast, a morning snack, lunch, an afternoon snack and dinner. This way, you obtain nutrients all day long.

- **Breakfast** is one of the most important meals. It gives you energy for your morning activities. For a healthy breakfast you should have milk, fruit and toast or cereals. **3**
- For your **morning snack** and **afternoon snack** you should have a sandwich or fruit and milk.
- For **lunch** and **dinner** you should eat a variety of foods.

The Mediterranean diet

This is the **traditional diet** of countries near the **Mediterranean Sea**, such as Spain and Italy. Many experts consider this to be a healthy diet that helps to prevent illnesses.

Typical foods in the Mediterranean diet are:

- Products of plant origin: vegetables, fruits, pulses, dry fruits, etc.
- Olive oil instead of animal fats.
- Bread and cereals.
- Fish.

You should eat five meals a day. The Mediterranean diet is very healthy.



- 3** Breakfast is a very important meal. You should have a good breakfast to start the day full of energy.

WORK WITH THE PICTURE

- What type of foods are included in the breakfast that the girl is eating?
- Name other foods to include in a healthy breakfast.

ACTIVITIES

1 Which food is the healthier in these pairs? Explain.



A



B



C



2 **SPEAKING.** Why is breakfast so important? What foods should it include?

3 **ICT.** Search the Internet or look in books to find out how olive oil is obtained.

Interpret food labels

Processed foods must have a label with the trademark and information about the ingredients, the weight, the method of preserving, the 'best before date', etc. It is important to read these labels because they contain essential information.

➔ Read and understand.

Read and follow the preserving instructions.

Keep in a cool dry place

Best before: 31.12.2016

The 'best before' date tells you for how long the food is fresh.

Ingredients:
eggs, tuna, pasta, olives, tomatoes, green beans, vinegar and salt.

The ingredients. This information is very important for people with food allergies.

Nutrients per 100 g:
Proteins: 7 g
Carbohydrates: 4 g
Fats: 12 g
Fibre: 6 g

List of nutrients in the food.

GLUTEN FREE

➔ Interpret the information.

- 1 Can a person with an allergy to fish eat this salad? And a person with an allergy to gluten?
- 2 What are the nutrients in this salad?
- 3 Where should you keep the container before you open it? And after opening it and eating some of the food?
- 4 What is the last day when it is best to eat this salad? How do you know?

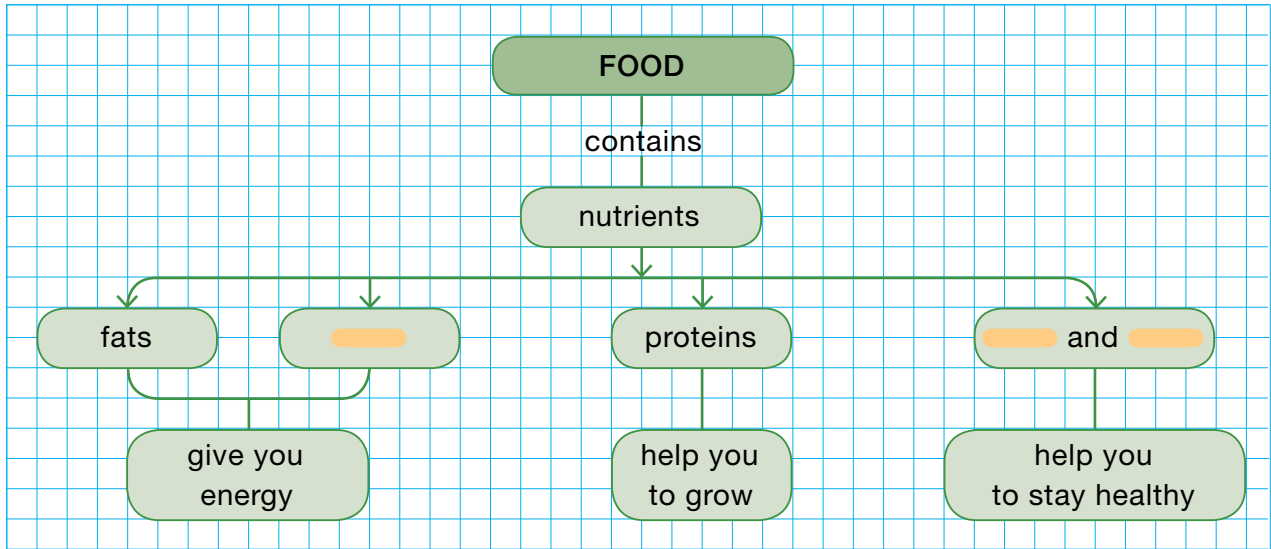
➔ Do it yourself.

- 5 Imagine you want to sell chocolate biscuits. Design your own label and write the information on it. Use real labels as a model.

1 SUMMARY. Copy and complete this chart.



2.10



2 What are the nutrients in these foods?



tomatoes



bread



chop



chickpeas

3 THINK ABOUT IT. Imagine that you are preparing a special breakfast at home. What will you include? How will you prepare it? What nutrients does it contain?

Show your skills



Choose one of these activities:

- Search for information about the Mediterranean diet. What types of food does it include? Why is it considered a healthy diet? Then, prepare a presentation or a poster to explain this diet to the rest of the class.
- Ask an adult to help you make a cake, some biscuits or a dessert. Write down your recipe and share it with the class.
- Find out about a common food allergy, for example, allergy to gluten. What foods can someone with this allergy eat? Make a poster.