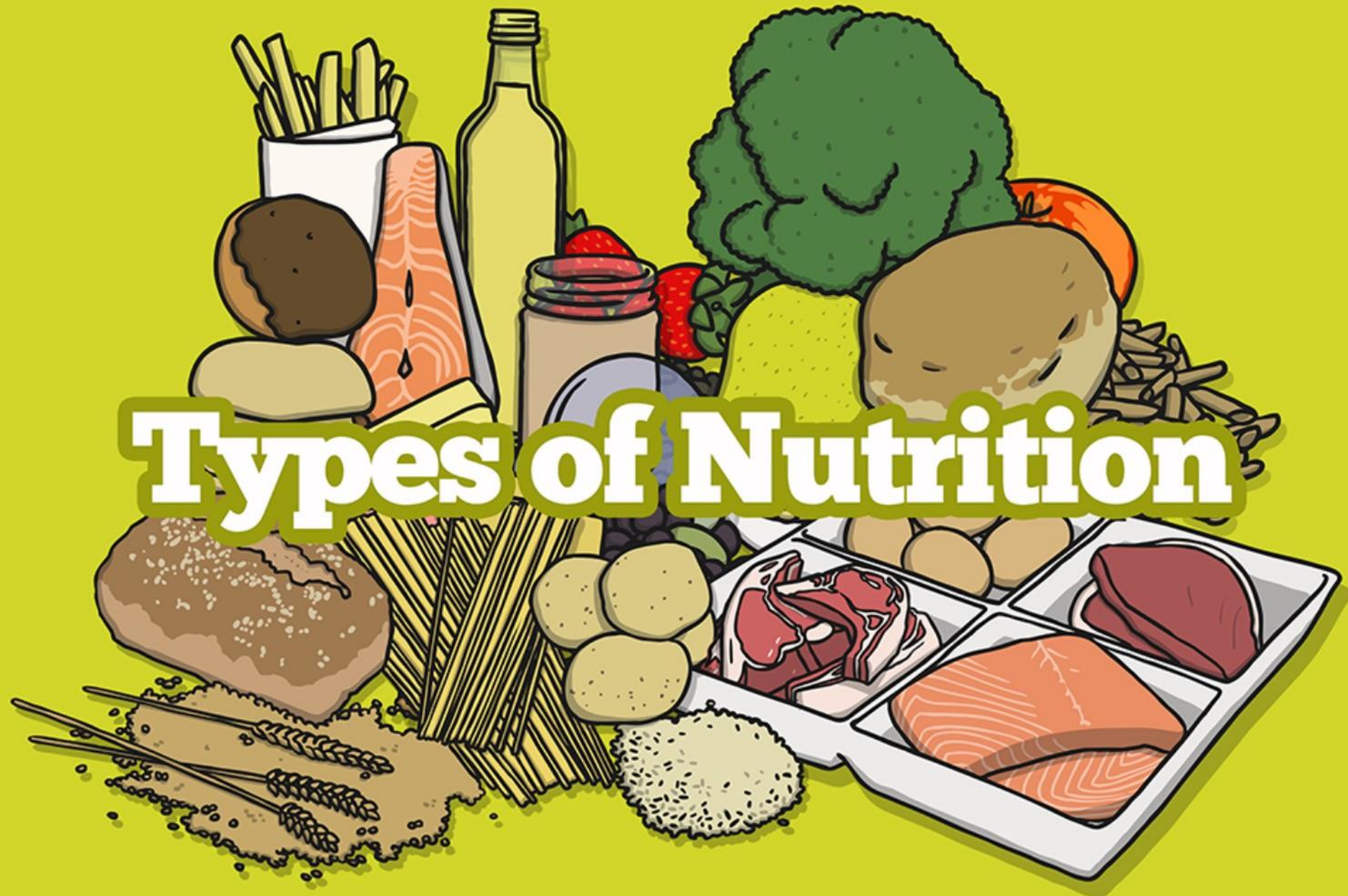


Types of Nutrition



Nutrients Needed by Humans

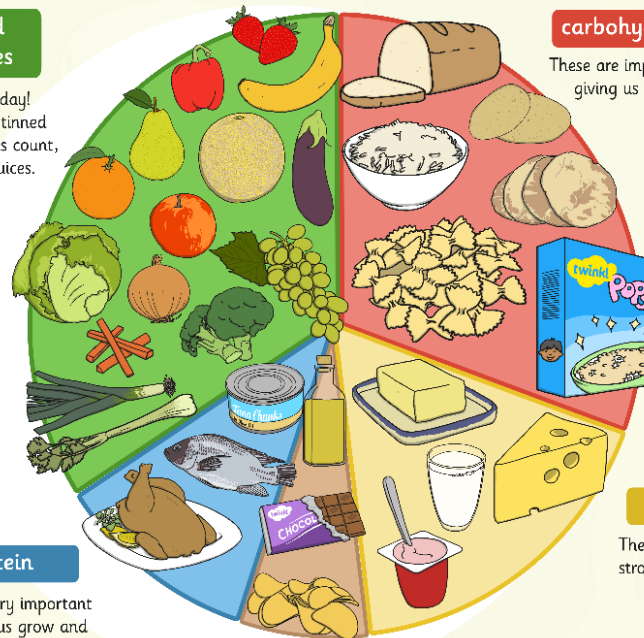
The food groups pie chart shows the right amount of foods to eat in your diet.

fruit and vegetables

Aim to eat 5 a day!
Dried, frozen and tinned fruit and vegetables count, as well as fruit juices.

carbohydrates

These are important for giving us energy.



protein

These are very important for helping us grow and build muscles.

dairy

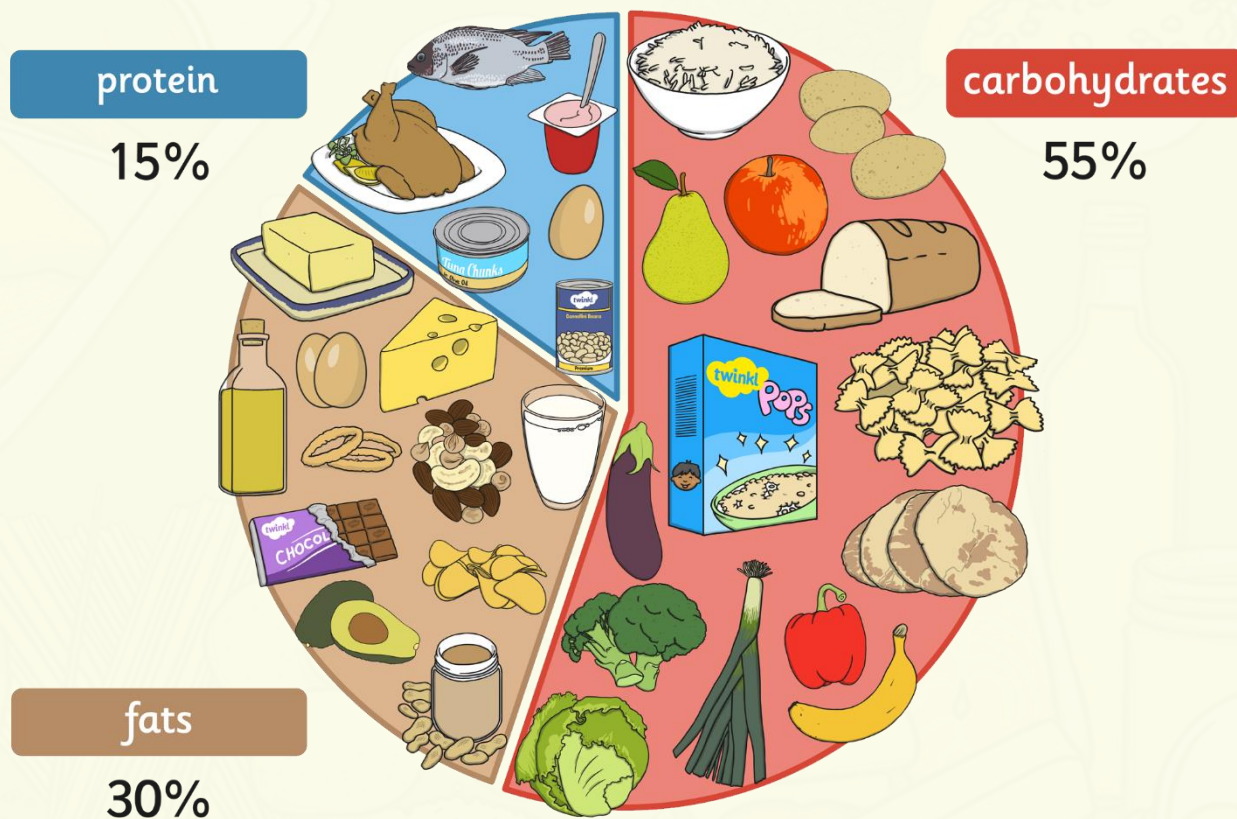
These are important for strong teeth and bones.

fats

These are important too, but you should only eat a little bit!

What about the amount of nutrients we need from food?
How would that pie chart look?

Right Amount of Nutrients for Humans



What About Vitamins, Minerals and Fibre?



Only small amounts of vitamins, minerals and fibre are needed.

However, we need to ensure that we eat food containing these each day. Without these nutrients our bodies can not stay healthy.

That is why eating foods containing a range of nutrients is better for us.

For example – apples contain carbohydrates, fibre, vitamins A and C and minerals such as iron and calcium.

On the other hand a cake may only contain carbohydrate and fats.

We Need to Eat Lots of Fat!

Not quite!!!

The body needs fat for energy, keeping parts of the body healthy and for vitamins and minerals.

BUT

The type of fats that we eat are important and the amount we eat of the different fats can make a huge difference to how healthy we are.

The two types of fats are saturated and unsaturated.

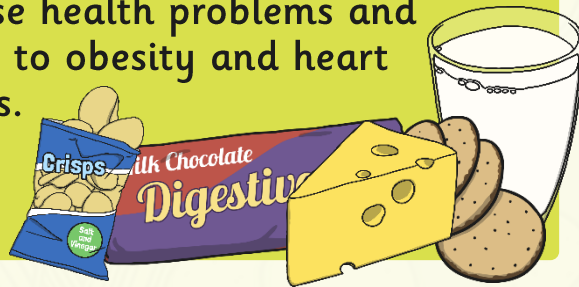


Saturated and Unsaturated Fats

Saturated Fats

Eaten in small amounts, they can help keep parts of the body such as your brain, liver and lungs healthy.

However, too much saturated fat will cause health problems and can lead to obesity and heart problems.



Unsaturated Fats

There should be more unsaturated than saturated fat in your diet.

These fats give you energy, vitamins and minerals.

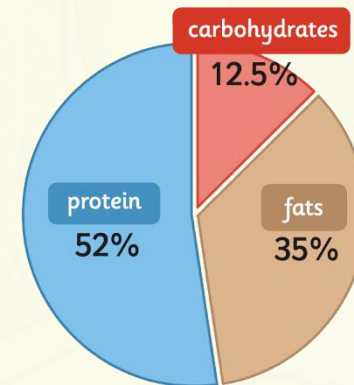
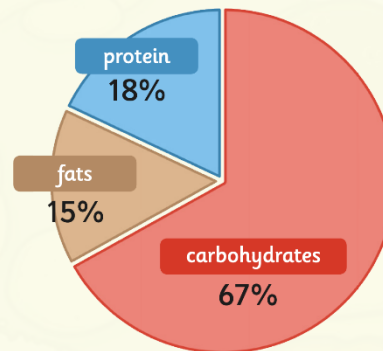
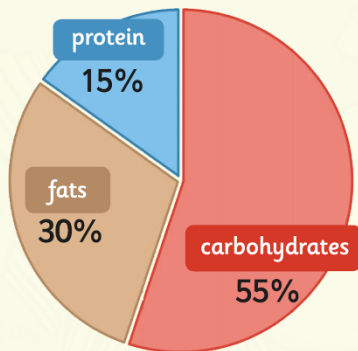
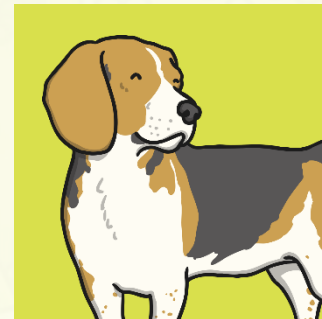
Unsaturated fats actually help keep your heart healthy.



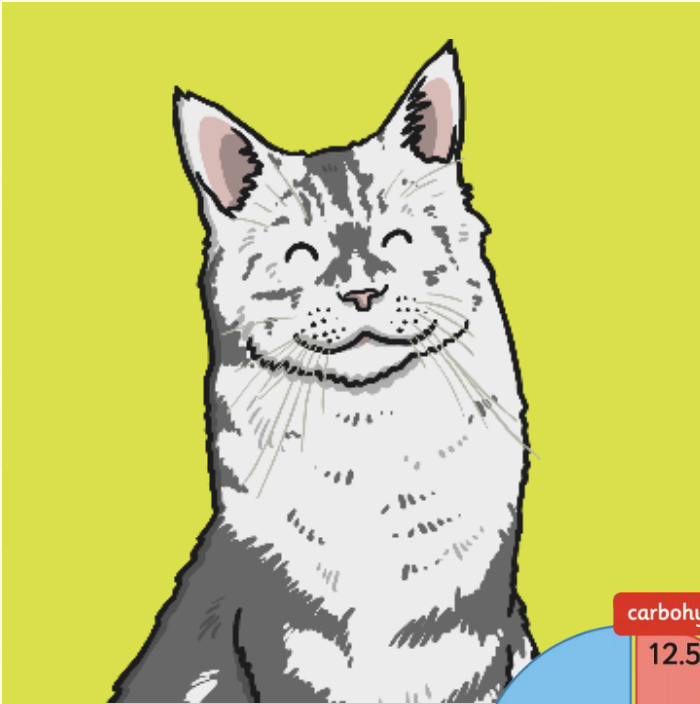
In the UK, people eat too much saturated fat and not enough unsaturated fat. It is important to read the labels on food showing you what nutrients it contains so you can get the right type and amount of fat in your diet.

Same or Different Amounts of Nutrients

Match the animal with the pie chart showing the right amount of nutrients they need.

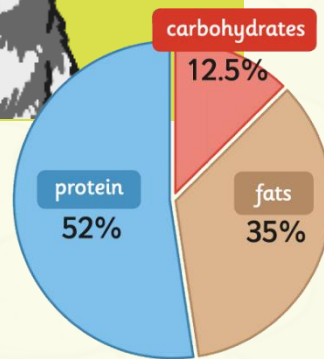


Cats

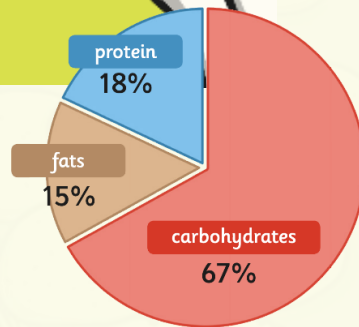


Cats need a high percentage of protein because otherwise they can suffer health issues like blindness and heart problems. Cats' bodies break down protein quicker than other animals, so they need more in their diet.

Fat is necessary for healthy fur and skin, and to help their wounds heal quickly.



Dogs



Dogs need food with a fairly high percentage of carbohydrates because they have an energetic lifestyle. Carbohydrates also break down into sugars, which helps with brain function.

Protein helps with the development of skin, hair, nails and muscles, and protects dogs from some illnesses.

Fats prevent dogs getting dry, itchy skin and a dull coat, and prevent them getting heart disease and diabetes.

Fats provide more energy for a dog than carbohydrates too!