

Learning Intentions

1. To learn what the food we eat is composed of
2. To learn what the nutrients in food are used for in the human body

Vocabulary

There are 4 main types of molecule (molecules are groups of atoms) that make up most of the dry weight of our food. These molecules are known as macronutrients

1. Carbohydrates are the sugars, starches, and fibres found in many fruits, grains, and vegetables, and dairy products.
2. Lipids are the fats and cholesterol found in meats, vegetables, and nuts.
3. Proteins are one of the main the building blocks of body tissue, and can be used as fuel.
4. Nucleic acids are found in the nucleus of cells and include DNA and RNA.

In addition to these nutrients, the human body also needs micronutrients. There are two main types.

1. Vitamins are organic compounds that are created by plants and animals, and can be digested into smaller molecules.
2. Minerals are non-organic compounds or elements that exist in the water or soil, and cannot be digested into smaller pieces.

Calories

1. A calorie (cal) is an old metric system unit of energy, since replaced by the Joule (J).
2. It represents the amount of energy required to raise the temperature of 1 cm³ (mL) of water by 1°C.
3. 1000 calories are called a kilocalorie, officially abbreviated as Cal or Kcal, but often denoted by cal in popular usage.

Homework

Write down 5 questions that you have about nutrition, calories, and exercise.

1.

2.

3.

4.

5.