



GOOD
Unsaturated Fats **VS** **BAD**
Saturated Fats



Food and Nutrition Knowledge Organiser

Year 7 Nutrition

Fat

Fat is a rich source of energy. All fats and oils give the same amount of calories and can

make us gain weight, but it is the type of fat we eat that can cause health problems.

Saturated: come from animal sources, they are typically hard at room temperature, e.g. lard, butter, suet, the fatty rind on meat

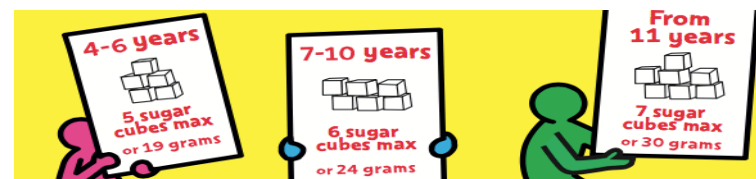
Unsaturated: are typically oils at room temperature e.g. olive oil, sunflower oil, vegetable oil. Some foods like oily fish such as salmon and mackerel contain healthy unsaturated fats called Omega-3's which can help reduce our risk of heart disease.

Effect on health too much **saturated** fat can cause us to gain weight and become obese. It can high cholesterol levels, this can lead to blocked arteries which can lead to heart disease and attacks

Sugar: Sugar are carbohydrates. Sugar is an empty food as it provides us with energy but nothing else. Free sugars are any sugars added to food or drinks, such as sugar on your cereal or found naturally in milk, honey, syrups and unsweetened fruit juices sugar.

Effect on health: too much sugar in our diet can lead to type 2 diabetes, heart disease, weight gain, fatty liver disease and some types of cancer. Excess sugar can mean excess energy, leading to stored fat in the body. Sugar can affect our teeth: dental plaque is the main cause of tooth decay, it contains bacteria that changes sugar from sweets and sugary foods into acids. These acids eat into the tooth enamel and cause decay

How much sugar should we have ?



Salt

Current recommendations for salt are a maximum of 6g per day. (1 teaspoonful) Salt is found in many convenience foods such as bread, cereals, soups, readymade meals, stock cubes, crisps, biscuits and snacks.

High 1.5g salt per 100g (0.6g sodium)

Low is 0.3g salt or less per 100g (or 0.1g sodium) to convert sodium to salt x 2.4

Effect on health: eating too much salt can raise your blood pressure, lead to heart disease, stroke, kidney failure and eye damage.

Blood pressure is the force of blood pressing against the walls of the arteries, as the heart pumps blood around the body.

Fibre

Dietary fibre is a complex carbohydrate found in the cell walls of **plants**. Meat fish and dairy products do not contain fibre

Fibre helps prevent constipation, keep the gut healthy, lower cholesterol levels and can reduce the risk of risk of bowel cancer.

High fibre foods wholegrain cereal such as oats, barley and rye, beans and pulses, fruit, root vegetables,

Low fibre foods: processed foods such as white pasta and bread, fruit and vegetables with the skin removed. Over 16's should aim to eat 30g fibre daily



Water



The human body is over 75% water. Water is vital for good health. Water helps;

- Production of body fluids, e.g. saliva
- Absorption of water soluble nutrients
- Removal of waste e.g. urine
- Regulation of body temperature, e.g. sweating

It is recommended that we drink 2 litres of water is 6-8 glasses a day, to ensure we stay hydrated and prevent constipation.

