

Diet

What is a balanced diet?

Diet

Why does the body need protein?

Diet

Give the importance of fats and oils in the diet.

Diet

Why is iron needed in the diet?

Diet

Why is fibre (roughage) needed?

Diet

Why is vitamin D needed?

For growth and repair of tissues. Sources include meat, fish, eggs and beans.

A diet that contains all the nutrients in the correct proportions and gives the right amount of energy for the person.

To make haemoglobin in red blood cells. Sources include red meat and green leafy vegetables.

They provide energy, are an energy store and give insulation.

It helps the body absorb calcium for hard bones and teeth.

It provides bulk for the gut muscles to push food along and helps prevent constipation.