



Testbourne Community School

# '100' Things Handbook

## Food



1. Protein is needed for growth, repair and maintenance.
2. Proteins are made up of amino acids.
3. HBV proteins contain all of the essential amino acids we need.
4. LBV proteins are missing one or more of the essential amino acids we need.
5. If we don't get enough HBV proteins we have to combine LBV proteins to get all the amino acids we need.
6. The average male needs 55g of protein a day.
7. The average female should consume 45g of protein a day.
8. Beans, lentils and nuts are good sources of protein.
9. Fats provide energy, nutrients and insulation.
10. Fatty acids are made up of carbon and hydrogen.
11. Unsaturated fats are healthier than saturated fats.
12. Unsaturated fats are liquid at room temperature.
13. Saturated fats tend to come from animal sources.
14. Too much saturated fat can cause coronary heart disease.
15. Unsaturated fats can be monosaturated and polyunsaturated.
16. Fats should make up less than 35% of our daily food energy.
17. Too much fat in our diet causes weight gain.
18. A lack of fat means there is less insulation to keep the body warm.
19. Carbohydrates are needed for energy.
20. Added sugars are known as empty calories because they have no nutritional value.
21. Starch can be found in bread and potatoes.
22. Wholegrain starch foods also have really high fibre content.
23. Simple carbs are digested quickly.
24. Simple carbs can be divided into monosaccharides and disaccharides.
25. GI stands for Glycaemic Index.
26. 50% of our energy come from carbs.
27. A lack of carbohydrate in our body can cause our blood sugar to drop.
28. Vitamins A, D, E and K are Fat-Soluble.
29. Fat soluble vitamins are found in fatty foods such as meats and vegetable oils.
30. Vitamin A is needed for good eyesight.
31. Vitamin D helps the body absorb various minerals including calcium.
32. Vitamin D is found in oily fish.
33. Vitamin E keeps skin and eyes healthy.
34. Vitamin K helps clot blood and heal wounds.
35. B vitamins and Vitamin C are water soluble.
36. Vitamin B1 helps the nervous system.
37. Vitamins B2 is called Riboflavin.
38. Vitamin B9 is folic acid.
39. Folic acid is crucial for growth and healthy babies.
40. Vitamin C protects the body from infection and allergies.
41. Once exposed to air, fruit and veg start to lose vitamin C.
42. Calcium is a mineral.
43. Calcium is needed for strong bones and teeth.
44. Calcium is found in milk.
45. Salt controls the body's water content.
46. Phosphorus is needed for healthy bones and teeth.
47. Fibre isn't digested by the body.
48. Not having enough fibre leads to constipation.
49. Around 60% of your body is water.
50. You should have about 2 litres of water every day.
51. About 1/3 of your daily intake should be fruit and veg.
52. About 1/3 of your intake should be carbs.
53. You should eat 2 portions of fish a week.
54. Children grow quickly and need lots of energy.
55. Teenagers should aim to eat a balanced diet.
56. Adults stop growing and should maintain a healthy lifestyle.
57. Calcium and Vitamin D are important for adults to reduce the chance of bone disease.
58. Pregnant women need to eat 200 more calories per day to support the baby's growth.
59. As we age our muscles turn into fat.
60. Obesity is when the body has too much fat.
61. Adults should have a BMI between 18.5 and 25.

62. Your cardiovascular system consists of your heart and blood vessels.
63. Anaemia can be caused by iron deficiency.
64. Iron is needed to make red blood cells.
65. Insulin is a hormone that allows glucose to be absorbed by cells in the body.
66. Rickets is a condition that means your bones are soft and weak.
67. Osteoporosis is a bone disease which weakens bones and makes them brittle.
68. Plaque is a sticky substance that builds up on your teeth over time.
69. BMR stands for Basal Metabolic Rate.
70. PAL stands for Physical Activity Level.
71. Energy can be expressed in kilojoules.
72. Packaged foods have to include nutritional labels on their packaging.
73. A vegetarian is someone who chooses not to eat any meat.
74. People with lactose intolerance need to avoid food containing a type of sugar called lactose.
75. People with coeliac disease can't eat foods containing gluten.
76. Lacto vegetarians will not eat any meat, fish or eggs.
77. Food is cooked to make it safe to eat.
78. Chemical reactions take place during cooking that change the flavours of the food.
79. Cooking allows different flavours of food to combine.
80. Conduction is the transfer of heat energy through the vibration of particles.
81. Convection is the transfer of heat energy through gases.
82. Radiation is the transfer of heat energy through waves of radiation.
83. Boiling involves heating foods in a pan of liquid.
84. Frying uses oil heated to a high temperature.
85. Baking uses dry heat to cook food.
86. Fat is added to food when it is roasted.
87. When proteins are cooked they 'denature' and the chemical bonds holding their structure break down.
88. Starch gelatinisation thickens liquids.
89. Sugar caramelises when it is heated.
90. Aeration means adding air.
91. Shortening gives foods a crumbly texture.
92. Plasticity means the ability to be spread and shaped.
93. Some raising agents produce carbon dioxide.
94. Cooking food above 75°C kills bacteria.
95. Our fridge should be between 0 and 5°C.
96. 5°C to 63°C is the danger zone when bacteria grow and multiply.
97. Sensory testing is used to compare food characteristics.
98. Food miles are the distance travelled from where the food is produced to the consumer.
99. Primary processing prepares raw foods.
100. Flour being turned into pasta is a secondary food process.