

Vitamin Groups

Vitamin:	Where to find it:	Potential ill health if it is lacking in your diet:
A	Meat, fish, eggs and cheese	Night Blindness
B	Nuts, fish, eggs and dairy	Mouth sores and dry skin
C	Guava, capsicum, kiwi fruit	Soft and bleeding gums
D	Tuna, egg yolk, spinach	Rickets

Sugar

Question:	Answer:
How much sugar should a child aged 4-6 have per day?	19g per day (5 sugar cubes)
How much sugar should a child aged 7-10 have per day?	24g per day (6 sugar cubes)
What happens if we have too much sugar?	It could cause serious diseases in the future such as type 2 diabetes
Where do we find sugar?	- Syrups - Honey - Fruit juice - Added in hot drinks

Fats

Question:	Answer:
What are the different types of fats?	Saturated fats and unsaturated fats
What foods contains saturated fats?	Butter, lard, fatty meats, ghee butter.
What foods contain unsaturated fats?	Olive oil, avocados, almonds, hazel nuts, pumpkin seeds.
What happens if we have too much saturated fat?	You are more likely to become overweight. It also raises your risk of heart disease.

Vocabulary

1	Bones	Any of the pieces of hard whitish tissue making up the skeleton in humans and other vertebrates.
2	Muscles	A muscle is a group of muscle tissues which contract together to produce a force.
3	Vitamins	A type of nutrient. Humans need it in order to grow, reproduce, and be healthy.
4	Minerals	A type of nutrient. Elements on the earth and in foods that our bodies need to develop and function normally.
5	Nutrients	A substance that is needed for healthy growth, development, and functioning.
6	Balanced Diet	Eating a variety of different foods from all five food groups to maintain a healthy diet.
7	Fibre	A type of carbohydrate that the body doesn't digest (break down). The main role of fibre is to keep the digestive system healthy.
8	Immune System	The body system that helps fight off sickness.
9	Tooth decay	The breakdown of tooth enamel.

Food labels

Food labels are found on all food. In the last few years, a new traffic light system for food labels has been brought in to help people make healthier choices.

Green- healthy choice, can be eaten all of the time

Amber- medium, can be eaten most of the time

Red- high, should only be eaten sometimes

