

# Healthy Eating and Nutritional Choices

*Learning objective: To understand the importance of a balanced diet and how nutritional choices impact physical and mental well-being.*

Review these flashcards to strengthen your understanding of healthy eating. Use the definitions provided to help you explain how different food groups contribute to a healthy lifestyle.

## What is a 'Balanced Diet'?

A diet that contains the correct proportions of nutrients from different food groups to provide the body with energy and support growth.

## Why are carbohydrates essential for the body?

Carbohydrates are the body's primary source of fuel, providing the energy needed for physical activity and brain function.

## What is the primary role of protein in our diet?

Protein is vital for the growth, repair, and maintenance of body tissues, such as muscles and skin.

## Explain the importance of 'Hydration'.

Hydration is the process of replacing water in the body, it is essential for temperature regulation, digestion, and transporting nutrients to cells.

## What are vitamins and minerals known as?

They are known as 'micronutrients' because the body only needs them in small amounts, but they are crucial for immune health and bone strength.

## How do fats function in a healthy diet?

While often misunderstood, healthy fats provide long-term energy, protect organs, and help the body absorb specific vitamins.

## What does the term 'Nutrient-Dense' mean?

It refers to foods that provide a high amount of vitamins and minerals relative to the number of calories they contain.

## How does breakfast impact a student's learning?

Breakfast replenishes the body's glucose levels after an overnight fast, which improves concentration, memory, and cognitive performance in maths and literacy.

## Why should we limit the intake of 'free sugars'?

High consumption of free sugars can lead to energy crashes and tooth decay, providing 'empty calories' without nutritional benefits.

## What is the 'Eatwell Guide' recommendation for fruit and vegetables?

It suggests that fruit and vegetables should make up at least one-third of the food we eat each day.