

Content	Additional information
Nutrition – reasons for having balanced diet	<p>There is no single food that contains all the nutrients the body needs.</p> <p>A balanced diet contains lots of different types of food to provide the suitable nutrients, vitamins and minerals required.</p> <p>The reasons for a balanced diet:</p> <ul style="list-style-type: none"> <li>• unused energy is stored as fat, which could cause obesity (particularly saturated fat)</li> <li>• suitable energy can be available for activity</li> <li>• the body needs nutrients for energy, growth and hydration.</li> </ul>
Nutrition – the role of carbohydrates, fat, protein and vitamins/minerals	<p>A balanced diet contains 55–60% carbohydrate, 25–30% fat, 15–20% protein.</p> <p>Carbohydrates are the main and preferred energy source for all types of exercise, of all intensities.</p> <p>Fat is also an energy source. It provides more energy than carbohydrates but only at low intensity.</p> <p>Protein is for growth and repair of muscle tissue.</p> <p>Vitamins and minerals are for maintaining the efficient working of the body systems and general health.</p> <p>Students do not need to be taught about specific vitamins and minerals.</p>