

Year 8 Homework Spring 2012

'Nutrition 4 Health' Project

You are going to conduct an investigation into the nutrients our bodies need to remain healthy.

Foods contain **nutrients** – these are substances we need to help us live and grow.

The main nutrients we need are:

- protein
- fat
- carbohydrates
- vitamins
- minerals
- fibre
- water.

nutrition 4 health



Success Criteria

Your investigation SHOULD include :

- Why our bodies need each of the main nutrients
- Examples of foods that provide us with a good source of the nutrient.
- Example of a healthy breakfast, lunch box or main meal. Explain which nutrients your meal contains.

Your investigation should be :

- Colourful
- Attractive
- Easy to read
- Not more than 2 page of A4

Websites you could use:

<http://www.nhs.uk/conditions/vitamins-minerals/Pages/Vitamins-minerals.aspx>

<http://www.nutrition.org.uk/>