

Activity 1 FOOD and NUTRIENTS

Guess the topic:

what are we going to talk about today?

It is one of the seven life processes!

Brainstorming: questions about foods nutrients and functions.

Topic: nutrition

*In order to find out the first topic of this unit, let's **look up into the dictionary** to the following definitions and write:*

Seven life processes

- **Movement** - all living things move, even **plants**.
- **Respiration** - getting energy from food.
- **Sensitivity** - detecting changes in the surroundings.
- **Growth** - all living things grow.
- **Reproduction** - making more living things of the same type.
- **Excretion** - getting rid of waste.
- **Nutrition** - taking in and using food.

- **FOOD:** Any substance that people or animals eat or drink or that plants absorb in order to:
 - promote GROWth
 - SURVIVE
 - GET/provide ENERGY
 - REPAIR DAMAGED TISSUES
- **NUTRIENTS:** are chemical compounds or molecules in **food** that are used by the body to function properly and maintain health.

There are different nutrient types. *They* include:

- CARBOHYDRATES
- FATS
- PROTEINS
- VITAMINS
- MINERALS
- WATER.

All types of food are a mixture of all these nutrients but in different concentration.

Activity 1: create a table that divide food in greater nutrient quantities

| CARBOHYDRATES | PROTEINS | FATS | VITAMIN/MINERALS |
|--|---|---|--|
| <i>Bread, pasta, pizza, potato, cereals (oat avena, rice, spelt farro, wheat grano, barley orzo, rye segale)</i> | <i>Beans fagioli, red meat (pork, beef) chicken, eggs, fish, lentils, dried fruit (nut nociola, walnut noce) ham, peanuts arachidi legumes (pulses)</i> | <i>Butter, olive oil, cheese, cream, cake walnuts</i> | <i>Apple, aubergine, banana, carrot, cherry, fennel, finocchio lettuce, strawberry, blueberry orange</i> |

La tabella può essere completata insieme alla lim usando <https://dictionary.cambridge.org/it/...>

WATER is in liquid but also in food!

Example water is in fruit but also in all fresh food.