



Name: _____

FOOD, FUEL AND THE HUMAN BODY

Food energy investigation

1. Calculate the percentage (%) by which the meal plan provides for each individual's daily energy requirement.
2. State whether each individual is under, over or meets their requirement.
3. Add or remove meal items to reach as close to the daily requirement as possible.

	Description	Daily energy (kJ)	Daily requirement (%)	Under, over, meets?	Item (+ or -)
A	13-year-old female	9,000			
B	13-year-old male	10,000			
C	Adult female (aged 30)	8,400			
D	Adult male (aged 30)	10,500			
E	Pregnant female (aged 33)	9,200			
F	Sedentary male (aged 70)	8,000			

Misconception clinic: cloze word task

Claim 1 "You can't get enough protein from plants"

The scientific problem with this claim is that it assumes plants do not contain _____. In fact, plant foods such as lentils, tofu, nuts and beans all contain protein. Protein is made up of chains of _____ which the body uses for growth, repair and enzyme production. A varied _____ diet can provide all the amino acids the body needs.

Claim 2 "A plant-based diet can't give you enough energy to be active"

The scientific problem with this claim is that it ignores the fact that _____ and _____ in plant foods are energy-providing nutrients. The body releases this energy through the process of _____. The evidence shows that a plant-based meal plan can be adjusted to meet the daily _____ of any individual, including athletes.

Claim 3 "Plant milk isn't as nutritious as cow's milk"

The scientific problem with this claim is that it assumes plant milk has not been _____ to match the nutritional content of cow's milk. In fact, most plant milks sold in the UK are _____ with key nutrients including _____