

JC Home Economics – Key Definitions

Nutrients



A nutrient is a chemical in food that nourishes the body.

Micronutrients



These are needed by the body in relatively small amounts. They include minerals and vitamins.

Macronutrients



These are needed by the body in relatively large amounts. The three macronutrients are fats, carbohydrate and protein.

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Fats

REVISE
WISE

You need some fat to keep your body healthy, but adults shouldn't consume more than 70 g per day.

Saturated fat

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Found in fatty meat, butter, full-fat milk and cream.

Unsaturated fat

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WISE

Found in fish, vegetable oils, nuts and seeds.

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Carbohydrates

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Carbohydrates provide heat and energy.

Fibre

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Fibre prevents constipation.

Reference intake

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Reference intake (RI) means the amount of the nutrient that should be consumed each day.

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Low-fat



This means that the product contains no more than 3 g of fat per 100 g for solids or 1.5 g of fat per 100 g for liquids.

Hidden sugars



These are various forms of sugar listed using names such as sucrose or fructose.

Empty calories



These are foods that are high in energy, but that don't provide any other nutrients.

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Low-sugar



This means the product contains no more than 5 g of sugars per 100 g for solids or 2.5 g of sugars per 100 g for liquids.

Calcium



Calcium is need for healthy bones and teeth. It is also needed for healthy muscles.

Vitamin D



To absorb calcium properly, you also need vitamin D in your diet.

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Iron

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Iron is needed to make haemoglobin, a substance in red blood cells.

Anaemia

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Anaemia is an iron deficiency disease.

Sodium (salt)

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We need some sodium (salt) to help control water balance in the body

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Vitamins

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These are naturally occurring chemicals essential for health.

Water-soluble
vitamins

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These are vitamins that cannot be stored in the body, so you have to eat them every day.

Fat-soluble
vitamins

REVISE
WISE

Fat-soluble vitamins are stored in the body.