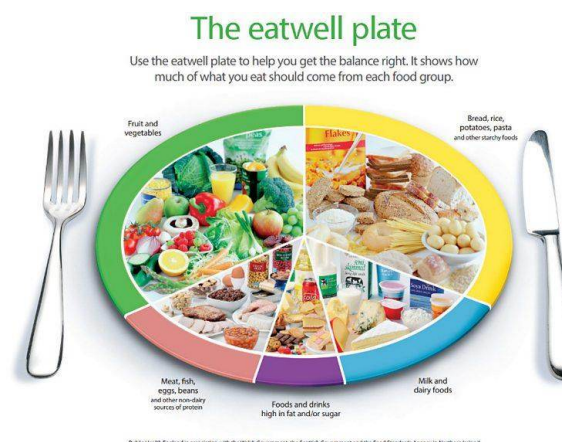




Keywords	
Word	Definition
Balanced diet	55–60% carbohydrate, 25–30% fat, 15–20% protein. It is defined as eating: •The right amount (for energy expended) •The right amount of calories according to how much you exercise •Different food types to provide suitable nutrients
Body composition	The percentage of body weight which is fat and non-fat
Calorie	A unit which measures heat or energy production in the body, normally expressed as Kcal.
Energy use	Energy is measured in calories (Kcal) and is obtained from the food we eat. Average adult male requires 2,500 Kcal/day and the average adult female requires 2,000 Kcal/day but this is dependent upon age, gender, height and energy expenditure (exercise).
Sedentary lifestyle	A lifestyle with irregular or no physical activity
Nutrition	The intake of food, considered in relation to the body's dietary needs. Good nutrition is an adequate, well balanced diet, combined with regular physical activity. There is no single food that contains all the nutrients the body needs.

The reasons for a balanced diet

- Unused energy is stored as fat, which could cause obesity (particularly saturated fat)
- Suitable energy can be available for activity
- The body needs nutrients for energy, growth and hydration



Minerals- Inorganic substances which assist the body with many of its functions, e.g. bone formation (Calcium).

Vitamins- Organic substances that are required for many essential processes in the body, e.g. Vitamin A for structure and function of the skin.

Carbohydrates- The body's main and preferred energy source for all types of exercise, of all intensities.

Fats- Also an energy source. It provides more energy than carbohydrates but only at low intensity.

Proteins- Required for growth and repair of muscle tissue.



Obesity

Obese

A term used to describe people with a large fat content, caused by an imbalance of calories consumed to energy expenditure. A body mass index (BMI) of over 30 or over 20% above standard weight for height ratio.

Obesity: Effect on performance in physical activity

- Limits stamina/cardiovascular endurance
- Limits flexibility
- Limits agility
- Limits speed/power.

Causes ill health (physical):

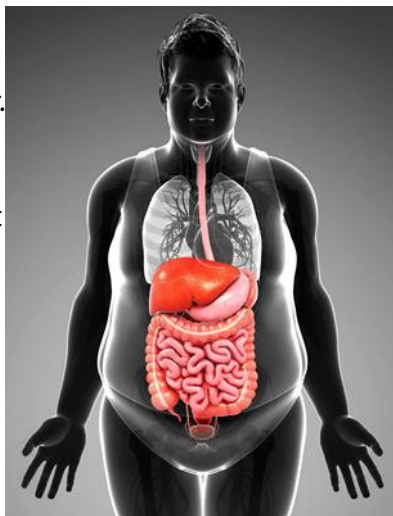
- Cancer
- Heart disease/heart
- Diabetes
- High cholesterol.

Causes ill health (mental):

- Depression
- Loss of confidence.

Causes ill health (social):

- Inability to socialise



Sedentary lifestyle: A lifestyle with irregular or no physical activity

The possible consequences of a sedentary lifestyle

- Weight gain/obesity
- Heart disease
- Hypertension (high blood pressure in the arteries)
- Diabetes
- Poor self-esteem and lethargy.

Hydration

Having enough water to enable normal functioning of the body and prevent dehydration.

Rehydration-Consuming water to restore hydration

Dehydration-Excessive loss of body water interrupting the function of the body. Results in:

- Blood thickening (increased viscosity), which slows blood flow
- Increases in heart rate/heart has to work harder/irregular heart rate (rhythm)
- Increase in body temperature/overheat
- Slowing of reactions/increased reaction time/
- Poorer decisions
- Muscle fatigue/cramps.

ENERGY BALANCE



Box 6: Pathway

Previous knowledge: from teaching sequence

Future links: from teaching sequence

Careers: from curriculum narratives

Box 7: Cross curricular links