

Nutrition Terms - using hover overs



The Nutrition Program has lots of information on nutrients and terms.

This task is to find out what the terms mean. This will help with revision for exams.

If you hover the mouse over some of the words, you will find information on the nutrients and other terms.

To do

Complete the chart below with the answers from the hover overs.

When you have finished, have a go at the Nutrition Crossword Worksheet.

Go to My Recipes and choose a recipe that you have filled in.

Click on Nutrition info and fill in the chart below with the answers.

Easy chart – choose 4 on the Nutrition info

- Find two examples of foods which supply each nutrient.
- To do this, hover over the nutrient on your recipe and see the list of foods which contain this nutrient. If no foods show, add more to the recipe and test again.

Nutrient or term	What does it mean?	2 Food sources
Energy		
Protein		
Carbohydrate		
Fat		

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Harder chart – choose 8 on the Nutrition info

- Fill in the chart below with the answers.
- Find one example of foods which supply each nutrient.
- To do this hover over the nutrient for your recipe and see the list of foods which contain the nutrient. If no foods show, add more to the recipe and test again.

Nutrient or term	What does it mean?	1 Food source
8 nutrients		
Total sugars		
Saturated fat		
Fibre		
GDA women		
GDA men		
GDA 5-10 year old		
Traffic light		
Net weight		
Allergens		

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Very hard chart – choose Show all on the Nutrition info.

Find one example of foods which supply each nutrient.

To do this hover over the nutrient for your recipe and see the list of foods which contain the nutrient. If no foods show, add more to the recipe and test again.

Nutrient or term	What does it mean?	1 Food source
Starch		
Mono Unsaturates		
Polyunsaturates		
Trans fatty acids		
Cholesterol		
Vitamin A		
Vitamin D		
Vitamin E		
Vitamin C		
Riboflavin		
Niacin		
Vitamin B6		
Folate		
Vitamin B12		
Biotin		
Tryptophan		
Pantothenate		
Vitamin K1		
Thiamin		
Calcium		
Phosphorus		
Iron		
Magnesium		
Zinc		
Iodine		
Copper		
Potassium		
Manganese		
Selenium		
Alcohol		