

DAY 1

Meals	Food consumed	Kilojoules	Major nutrients
Breakfast	Toast with peanut butter Ice cold water Muesli bar nuts	782kj 522kj	Lower s cholesterol
Lunch	Chicken pizza from the canteen	1000kj	Carbohydrates from the breading
Dinner	Beef steak Hot seasoned chips	3010kj 369kj	Daily salt intake
Snacks	Milo cup Ice cream- Neapolitan	81kj 150kj	You get some sort of dairy intake

DAY 2

Food consumed	Kilojoules	Major nutrients
Nutri grain Yogurt Strawberries Corn flakes Water	652kj 580kj 100kj 570kj	Protein
Peanut butter sandwich Water	700kj	
Spaghetti(cheese, cut up pepperoni) Water	1200kj	

5 min task read this article :

<https://avitahealth.org/health-library/macronutrients-a-simple-guide-to-macros/>

Write a 50 word summary on:

Kilojoules

What are they?

Kilojoules are the way to measure both the energy in food and drink, and the energy the body uses. Here is more information on what kilojoules are, and how to think about them in relation to food and drink.

How many Kilojoules are recommended for Australian Adults per day?

8700 kilojoules a day

How many kilojoules for your age group is recommended? Does it vary according to anything?

5000- 7400kj

Protein

What is its role in the body?

Protein is an important part of a healthy diet. Proteins are made up of chemical 'building blocks' called amino acids. Your body uses amino acids to build and repair muscles and bones and to make hormones and enzymes. They can also be used as an energy source

What foods do you find it in?

- ❑ lean meats – beef, lamb, veal, pork, kangaroo.
- ❑ poultry – chicken, turkey, duck, emu, goose, bush birds.
- ❑ fish and seafood – fish, prawns, crab, lobster, mussels, oysters, scallops, clams.
- ❑ eggs.
- ❑ dairy products – milk, yoghurt (especially Greek yoghurt), cheese (especially cottage cheese)

How many kilojoules in 1 gram?

16.7kj

Carbohydrates

What is its role in the body?

Carbohydrates are your body's main fuel source. During digestion, sugars and starches are broken down into simple sugars. They're then absorbed into your bloodstream, where they're known as blood sugar (blood glucose). From there, glucose enters your body's cells with the help of insulin.

What foods do you find it in?

bread, beans, milk, popcorn, potatoes, cookies, spaghetti, soft drinks, corn, and cherry pie

How many kilojoules in 1 gram?

16.7kj

Fats

What is its role in the body?

Protects t

What foods do you find it in?

How many kilojoules in 1 gram?

5 guidelines

5 minute read

<https://www.eatforhealth.gov.au/guidelines/australian-dietary-guidelines-1-5>

Your daily food intake

How does my diet match up with:

Recommended kilojoule intake for my age?

What will happen if I keep eating the same amount of food long term?

How does my diet match up with:

Guideline 1:

Guideline 2:

Guideline 3:

Guideline 5:

Discuss intake of:

Protein:

Why is it important?

Fats:

Why is it important?

Carbohydrates:

Why is it important?

Make 4 recommendations or changes to your diet and justify why?

1.

2.

3.

4.