

GCSE PE: Diet and Nutrition



What the Specification Says:

Learners must know the definition of a balanced diet.

Learners must know the components of a balanced diet.

A **balanced diet** entails eating a wide variety of foods – including at least five portions of fruit and vegetables per day – so that the body can function efficiently and effectively.

Complete the table below.

Component	Function	Examples
Carbohydrates	<hr/> <hr/> <hr/>	<hr/> <hr/>
Proteins	<hr/>	<hr/>
Fats	<hr/>	<hr/>
Vitamins and minerals	<hr/> <hr/> <hr/>	<hr/>
Fibre	<hr/> <hr/>	<hr/>
Water and hydration	<hr/> <hr/> <hr/>	<hr/>

An energy balance is achieved when **energy intake equals energy output**.



GCSE PE: Diet and Nutrition Answers

Component	Function	Examples
Carbohydrates	<ul style="list-style-type: none">• Stored in muscle.• Essential for energy production.	bread, pasta, rice
Proteins	<ul style="list-style-type: none">• Essential for muscle growth and repair.	meat and fish
Fats	<ul style="list-style-type: none">• Energy store, insulate the body.	olive oil, fish
Vitamins and minerals	<ul style="list-style-type: none">• Bone health and helps with chemical reactions, blood clotting.	vegetables, fish, milk
Fibre	<ul style="list-style-type: none">• Keeps digestive system working efficiently.	cereals and beans
Water and hydration	<ul style="list-style-type: none">• Essential for chemical reactions and moving substances around the body.	water, sports drinks

