



Protein:



KING JAMES'S SCHOOL
KNARESBOROUGH

The Powerhouse Nutrient for Healthy Eating

Year 7 Food Technology Reading homework

Hey there! You're at an age where your body is growing and changing rapidly, and that means you need all the right nutrients to fuel your journey into adulthood. One of the most important nutrients you need is protein. Let's dive into why protein is so crucial for your health and how you can make sure you're getting enough of it.

Protein is like the building blocks of your body. It's found in every cell and tissue, from your muscles and bones to your skin and hair. When you eat foods that are rich in protein, your body breaks them down into smaller molecules called amino acids, which it then uses to repair and build new tissues.

But protein does more than just help you grow – it's also essential for keeping you strong and healthy. Here are a few reasons why protein is so important for 14-year-olds:

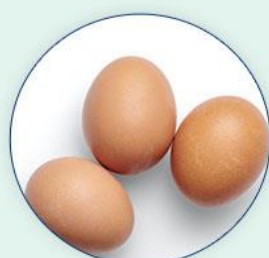
- 1. **Muscle Growth and Repair**:** As you go through puberty, your body goes through growth spurts, and your muscles need plenty of protein to keep up. Whether you're playing sports, lifting weights, or just going about your day-to-day activities, your muscles are constantly working and repairing themselves. Protein provides the amino acids your muscles need to grow stronger and recover faster after exercise.
- 2. **Bone Health**:** Did you know that protein is also important for keeping your bones strong and healthy? Along with calcium and vitamin D, protein plays a key role in building and maintaining bone density, which is especially important during your teenage years when your bones are still developing.
- 3. **Energy and Satiety**:** Protein is more than just a muscle builder – it's also a source of energy that helps keep you feeling full and satisfied between meals. Unlike carbohydrates, which can cause blood sugar levels to spike and crash, protein provides a steady source of energy that can help you stay focused and alert throughout the day.

So, how can you make sure you're getting enough protein in your diet? Here are a few tips:

- 1. **Include Protein-Rich Foods in Every Meal**:** Aim to include a source of protein in every meal and snack. Good sources of protein include lean meats, poultry, fish, eggs, dairy products, beans, lentils, tofu, and nuts.
- 2. **Mix It Up**:** Don't stick to just one type of protein – vary your sources to ensure you're getting a wide range of amino acids and nutrients. Try to include both animal and plant-based sources of protein in your diet for optimal health.
- 3. **Snack Smart**:** Choose protein-rich snacks like Greek yogurt, cheese, nuts, or a hard-boiled egg to keep you feeling full and satisfied between meals.
- 4. **Stay Hydrated**:** Don't forget to drink plenty of water throughout the day to help your body digest and absorb protein more efficiently.

By making protein a priority in your diet, you'll be giving your body the fuel it needs to grow, thrive, and reach its full potential. So, load up on those chicken breasts, beans, and Greek yogurt – your body will thank you for it!

Top 5 High Protein Foods



Eggs



Chicken Breast



Greek yogurt



Oats



Peanut butter