**Functional Foods**

Functional Foods are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Put a star next to the ones you eat regularly

* Beans
* Berries
* Cruciferous vegetables
* Chocolate
* Citrus fruits
* Pumpkin
* Fish
* Soy
* Spinach
* Sweet Potatoes
* Tea
* Tomatoes
* Nuts
* Whole grains
* Yogurt

**Key Terms**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_– a food that can help to promote health in humans

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_– chemicals found naturally in many plant products that act as antioxidants which prevent free radical damage in the body.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_– water-soluble plant pigments (from colourful vegetables and fruit) that are beneficial to human health.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_– natural chemicals found in foods that helps to prevent degradation due to free radicals (rebellious ions).

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_– the degree to which the human body can make use of a substance once it has been ingested.



Watch video: https://www.youtube.com/watch?v=lG3OOXIXvxw

What is a free radical?

What creates free radicals in the body?

What is oxidative stress? And what can it cause?

How do antioxidants work?



**For each functional food dot jot a few key points:**

**Beans**

**Berries**

**Cruciferous vegetables**

**Chocolate**

**Oranges/Citrus**

**Pumpkin**

**Fish**

**Soy**

**Spinach Sweet Potatoes**

**Tea**

**Tomatoes**

**Nuts**

**Whole Grains**

**Yogurt**