



FAQs

Q1. Why do we need energy?

Ans: We need energy to fuel body processes and physical activity.

Q2. What is the reference value of energy for an average adult?

Ans: The reference value of energy for an average adult is 8,700 kJ.

Q3. What are the main sources of fats?

Ans: The two main forms of fat are saturated, predominately from animal sources, and unsaturated, predominately from vegetable sources.

Q4. What are sugars?

Ans: Sugars are carbohydrates that provide the body with energy, our body's fuel.

Q5. Name the types of nutrients.

Ans: There are two main types of nutrients,

1. Macronutrients
- 2: Micronutrients.