Muscle food

Vocabulary

Nutrients	The good things in food that your body needs to grow, stay healthy, and have energy. They include things like vitamins, minerals, proteins, carbohydrates and fats.
Processed foods	Foods that have been changed or prepared in a factory, like crisps, biscuits, or canned soup. They often have added ingredients like sugar, salt or preservatives.
Muscle growth	When your muscles get bigger and stronger, usually from eating healthy foods and doing exercise.
Appealing	When food looks, smells or tastes good and makes you want to eat it.
Industry	The food industry is all the businesses that help make, process, and sell food, like farms, factories, and supermarkets.
Convenience	Something that is easy and quick to use or do. For food, it means ready-made meals or snacks that don't take much time to prepare.

How can food be prepared and stored?

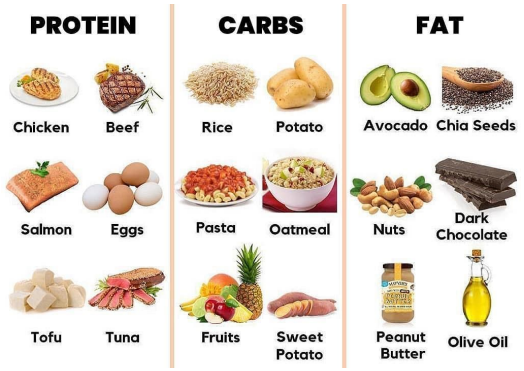
Grown

Pre-cooked

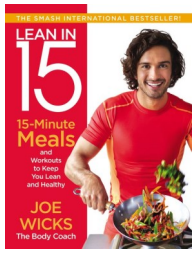
Processed

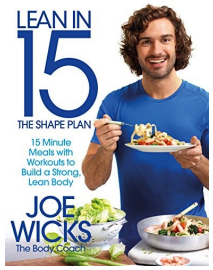
Reared

What foods can help muscle growth and repair?



Joe Wicks





Creating a design criteria?

Remember FLUMPS!

Function

Looks

User

Materials

Pros/Cons

Sustainability