

11-16 yrs. >

Principles of Nutrition

Dietary Fibre



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How would you describe insoluble fibre?		Dietary Fibre is also called:		How would you describe soluble fibre?		
What is the role of insoluble fibre in the diet?				What is the role of soluble fibre in the diet?		
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				DIVERTICILLOSIS and DIVERTICILLITIS	DIVERTICULOSIS and DIVERTICULITIS	
Insoluble fibre is found in?		Why do we need	I fibre in our diet?	Colon	Soluble fibre is found in?	
				Diverticulitis Diverticulosis		
				Diverticula		
				Diverticula		
	A diet high in fibre will:		A diet	t low in fibre will:		
The NHS recommended daily intake for dietary fibre is:		Pectin is another form of soluble fibre?				
2-5 yrs.	Where can	pectin be found?			- COV-	
5-7 yrs.						