

Site canteen competition: And Britain's best-fed builders are

Anne Sidnell, a nutrition scientist at the British Nutrition Foundation will be assessing the healthy options and how well they are promoted. For Michael Glackin, former site worker and occasional Building contributor, this will be a trip down memory lane. Michael has many harrowing stories of devouring site grub only to discover used plasters lurking in his bacon sandwiches

Cajun chicken burger and tuna Nicoise salad, as well as more porridge and of course, a full English.

While we wait, Michael and Guy try the filter coffee; Anne and I opt for peppermint tea, hoping it will speed up the digestion of our first breakfast.

The organic porridge is a hit even before it appears.

About the Author

From www.building.co.uk:

Sheet for Learning Experience 2 in the Nutrition and Digestion Student. the page for Learning Experience 9 in their Nutrition and Digestion.

Nutrition and Digestion. This material is part of a brief overview of the topics studied in biology with the intent to highlight the connections.

A balanced diet contains carbohydrates, proteins, fats and fibre as well as vitamins and mineral salts. These substances must be present.

Nutrition Now Digestion Products promotes good digestive health. All of these products help to have a good digestive track and they do all that with good.

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Nutrition refers to the activities by which living things obtain raw materials from the environment and transport them into their cells.

But digestion actually begins in the mouth, as the enzymes in saliva. For more bodybuilding nutrition and workout articles subscribe.

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