

Nutrition basics knowledge organiser

Sensory analysis

Smell: does the food smell appetising or does it smell off? Do not overcook foods.

Taste: What does it taste like? Is there a good combination of flavours.

Texture: how does it feel in your mouth? Is it overcooked?

Sight: Does it look appealing? How is it presented?

Hearing: Does it sound right (crispy, crunchy, fizzy)

Independent study tasks

1 Go to the following website and look at the senses and food PowerPoint and make notes.

<http://www.foodafactoflife.org.uk/Sheet.aspx?siteId=19§ionId=135&contentId=818>

2 Read the following information and produce a booklet

<http://www.bbc.co.uk/schools/gcsebitesize/design/foodtech/compositionpropertiesrev1.shtml>

3 Read the following and present the information in an eye catching way.

<http://www.bbc.co.uk/schools/gcsebitesize/design/foodtech/socialenvironmentalissuesrev1.shtml>

Macronutrients

Protein: function is growth, repair and as a secondary source of energy. Found in meat, fish, beans, lentil and eggs.

Carbohydrates: function is energy. Found in pasta, rice, bread, fruits and milk.

Fats: function is to provide energy, protect organs such as liver and kidneys and acts as an insulating layer under skin.

Micronutrients

Vitamins: Vitamins include A,B, C,D, E and K. Have various functions but include helping us to see in dark, energy release, helping to heal wounds.

Minerals: include iron, calcium and sodium. Have various functions include working with vitamins e.g. calcium and vitamin D and Vitamin C and iron.

Food Choice

People just food for various different reasons including: -religion, state of health, life stage, celebration and special events, religion, social, eating habits, seasonality, time of day, time available and budget and cost of food.

Diet and Health

Various problems can be caused by over eating or an unhealthy diet problems include:

Obesity, stroke, coronary heart disease, high blood pressure, osteoporosis, rickets (children only), dental caries (tooth decay), , Type 2 diabetes and some cancers.

Problems caused by not eating enough include: malnutrition, iron deficiency anaemia and other nutrient deficiencies.

Eating disorders: anorexia and bulimia

Allergies and intolerances

Allergy: symptoms include skin rash, itchiness of skin, eyes and mouth, swollen lips, face and eyes. Severe cases can bring about anaphylactic shock which can lead to death.

Intolerance: symptoms include nausea, abdominal pain, joint aches and pains and tiredness and weakness.