







Subject: Food & Nutrition
Year: 8 Teaching block: 4
Topic: Macro and Micronutrients
Assessment week: w/b 3rd Dec

During this topic you will develop and demonstrate the following PLTS:

Creative thinker		Team player	
Reflective learner		Effective participator	
Independent enquirer		Self-manager	

What I will learn?
The importance of carbohydrate in our diets
The importance of protein in our diets
The importance of fat in our diets
The importance of vitamins in our diets
The importance of minerals in our diets
How to make a chilli
How to make a risotto

Key vocabulary for this topic:
Macronutrient , minerals
Micronutrient, vitamins
Protein, water soluble vitamins
Carbohydrate
Fat, fat soluble vitamins, water

Independent learning	
What?	When?
Use the following website to learn about nutrients. Make notes on what you have found out https://www.nutrition.org.uk/nutritionscience/nutrients-food-and-ingredients.html Update knowledge organiser and complete key word definitions	w/c 24 th Sep
Create your own revision material on all of the topics covered in this teaching block	w/c 15 th Oct
Revision for assessment	w/c 12 th Nov
	w/c 26 th Nov

- What will the best students be able to do/understand by the end of the topic:**
- Be able to explain the importance of protein in the diet
 - Be able to explain the importance of carbohydrate in the diet
 - Be able to explain the importance of fat in the diet
 - Be able to explain the importance of fat and water-soluble vitamins in the diet
 - Be able to explain the importance of minerals in the diet
 - Be able to explain the importance of water in the diet
 - Be able to make a batch of chilli and some savoury rice