







Subject: Food and Nutrition

Year: Teaching block: 2

Topic: Nutrition basics

Assessment week: w/b 18th March

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 sensory analysis

The importance of macronutrients in our diet.

The importance of micronutrients in our diet

How to make a batch of scones

Why people make certain food choices

About allergies and intolerances

Diet and health

Key vocabulary for this topic:

Olfactory receptors

Religion

Senses

Allergy

Macronutrients

Intolerance

Micronutrients

Rubbing in method

Independent learning

Make notes on the senses and food PowerPoint

<http://www.foodafactoflife.org.uk/Sheet.aspx?sitelid=19§ionid=135&contentid=818>

Produce information booklet on nutrients

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

Read and present the information from link 3 in an eye catching way

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

What will the best students be able to do/understand by the end of the topic:

The importance of sensory analysis and be able to carry out basic sensory tests

Be able to name the macronutrients, which foods contain them and explain the importance in our diet

Be able to explain the importance of micronutrients in the diet and the name the foods where you find them.

Competently carry out the rubbing in method to make a batch of scones.

Be able to explain in detail why people can chose certain food products over another

Be able to explain the difference between allergies and intolerances and give examples of both

Be able to explain the link between diet and health