







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

Subject: Food & Nutrition

Year: 8 Teaching block: 4

Topic: Macro and Micronutrients

Assessment week: 3rd December

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

What I will learn?	Completed	RAG
The importance of carbohydrate in our diets	<input type="checkbox"/>	
The importance of protein in our diets	<input type="checkbox"/>	
The importance of fat in our diets	<input type="checkbox"/>	
The importance of vitamins in our diets	<input type="checkbox"/>	
The importance of minerals in our diets	<input type="checkbox"/>	
How to make a chilli	<input type="checkbox"/>	
How to make a risotto	<input type="checkbox"/>	

Key vocabulary for this topic:

Key Word	Definition	Key Word	Definition
macronutrient		water soluble vitamins	
micronutrient		fat soluble vitamins	
protein		minerals	
carbohydrate		water	
fat		vitamins	

HOMEWORK

Independent Study

What?	When?	Tick when completed
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	

**Macro and
Micronutrients
KNOWLEDGE
ORGANISER**

Protein

Function

Sources

Kinds

Water

Function

Sources

Kinds

Minerals

Function

Sources

Kinds

Carbohydrate

Function

Sources

Kinds

Fat

Function

Sources

Kinds

Water soluble vitamins

Function

Sources

Kinds

Fat soluble vitamins

Function

Sources

Kinds