

**Subject:** Food Technology  
**Year:** 7  
**Term:** 2b  
**Topic:** Food Groups Part 1  
**Prep session:** Mondays at home

**Lesson Sequence:**

1. Fruit and vegetables (Quiz 1)
2. Practical prep (Quiz 2)
3. Vegetable soup
4. Starchy foods (Quiz 3)
5. Practical prep (Quiz 4)
6. Bread rolls

**Practical lesson:**  
**Container required**

1. Vegetable soup
2. Bread rolls

**Section 1: Quiz date =**

Learn the **spellings** and **definitions**.

|                |  |
|----------------|--|
| Eat Well Guide | A <b>guide</b> to show the <b>correct amount</b> of each <b>food group</b> that should be eaten <b>daily</b> . |
| Balanced diet  | A <b>diet</b> made up of the <b>correct amount of each</b> of the <b>food groups</b> .                         |
| Nutrients      | The <b>chemicals</b> found in foods, <b>needed</b> for the <b>body</b> to function correctly.                  |
| Source         | <b>Foods</b> that <b>contain</b> a certain <b>nutrient</b> .   |
| Function       | The <b>job</b> that a <b>nutrient performs</b> in the body.  |

**Section 2: Quiz date =**

Learn the food group **spellings** and **proportions**.

|  |     |
|--|-----|
| Fruit and vegetables                       | 40% |
| Starchy carbohydrates                      | 38% |
| Meat, fish, eggs, beans and other proteins | 12% |
| Dairy and alternatives                     | 8%  |
| Oils and spreads                           | 1%  |

**Section 3: Quiz date =**

Learn the **spellings** and **definitions**.

|                |  |  |
|----------------|--|--|
| Water          | A substance required for healthy skin, brain function and to replace water lost. |  |
| Fibre          | A substance needed to help food travel through the digestive system.             |  |
| Calories       | A unit for measuring the amount of energy in a food.                             |  |
| Macronutrients | Nutrients required by the body in large amounts.                                 |  |
| Micronutrients | Nutrients required by the body in small amounts.                                 |  |

**Section 4: Quiz date =**

Learn the **sources** and **functions** of the various nutrients.

|               |  |  |
|---------------|--|--|
| Carbohydrates | Wheat (bread, pasta, cakes), potatoes, rice.   | Provide the most energy.   |
| Vitamin A     | Carrots, red peppers, mango, sweet potatoes, spinach, apricots.                            | Bone growth, night vision, healthy skin.   |
| Vitamin B     | Wheat, yeast, meat, fish, eggs, dairy products, pulses.                                    | Releases energy from foods.  |
| Vitamin C     | Citrus fruits (lemons, oranges, etc.), blackcurrants, tomatoes, peppers, green vegetables. | Helps calcium and iron to be absorbed, protects against infection and allergies. |
| Vitamin D     | Oily fish, eggs, made naturally in the skin from sunlight.                                 | Helps calcium to be absorbed.  |