

Subject: Food Technology
Year: 9
Term: 2
Topic: Nutrients

Key Assessment:
1. Practical evaluation

**Practical lessons:
containers required**
1. Spaghetti Bolognese

Prep slot
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Section 1: Quiz date =

Nutrient	Sources (foods where it is found)	Function (role in the body)	Consequences
Carbohydrates	Wheat (bread, pasta, cakes), potatoes, rice.	Provide the most energy.	Deficiency: fatigue, underweight. Excess: overweight, obesity.
Fats	Meat, dairy products (milk, cheese, yogurt, cream, etc), nuts, oils.	Some energy, warmth and protection of vital organs.	Deficiency: fatigue, underweight. Excess: overweight, obesity, coronary heart disease.

Section 2: Quiz date =

Nutrient	Sources (foods where it is found)	Function (role in the body)	Consequences
Protein	Meat, fish, eggs, pulses (beans and lentils), dairy products, nuts.	Growth, repair, muscle building, minimal amount of energy.	Deficiency: fatigue, underweight, stunted growth, slow healing,
Vitamin A	Yellow and orange fruits and vegetables.	Bone growth, night vision, healthy skin.	Deficiency: dry skin, difficulty seeing in the dark, slow growth.

Section 3: Quiz date =

Nutrient	Sources (foods where it is found)	Function (role in the body)	Consequences
Vitamin B	Wheat, yeast, meat, fish, eggs, dairy products, pulses.	Releases energy from foods.	Deficiency: Loss of appetite, poor healing, slow growth, lack of muscle.
Vitamin C	Citrus fruits (lemons, oranges, etc.), blackcurrants, tomatoes, peppers, green vegetables.	Helps calcium and iron to be absorbed, protection against infection and allergies.	Deficiency: slow healing, poor skin, 'scurvy' (bleeding gums).

Section 4: Quiz date =

Nutrient	Sources (foods where it is found)	Function (role in the body)	Consequences
Vitamin D	Oily fish, eggs, made naturally in the skin from sunlight.	Helps calcium to be absorbed.	Deficiency: 'rickets' (bowed legs).
Vitamin E	Nuts, seeds and vegetable oil.	Healthy lungs and red blood cells.	(deficiency is nearly impossible)

Section 5: Quiz date =

Nutrient	Sources (foods where it is found)	Function (role in the body)	Consequences
Vitamin K	Leafy green vegetables, vegetable oil.	Blood clotting.	Deficiency: stops blood from clotting.
Iron	Liver, kidney, red meat, plain chocolate, dark green vegetables (watercress and kale), dried fruit.	Helps transport oxygen around the body in the blood, to replace blood if lost, energy for cells.	Deficiency: 'anaemia' (fatigue, pale gums, poor concentration).

Section 6: Quiz date =

Nutrient	Sources (foods where it is found)	Function (role in the body)	Consequences
Calcium	Dairy products.	Strong bones and teeth, blood clotting after injury.	Deficiency: 'osteoporosis' (weak bones, break easily), poor teeth in children.
Iodine	Seafood.	Makes thyroid hormones.	Deficiency: 'goitre' (swelling of the neck).