

**Subject:** Food Technology  
**Year:** 10  
**Term:** 2  
**Topic:** Micronutrients

**Key Assessment:**

1. Recipe modification

**Practical lessons:  
containers required**

1. Vegetable and lentil casserole
2. Fishcakes
3. Sponge pudding

**Prep slot**

- Wednesday prep time

**Section 1: Quiz date =**

Microgram	The smallest unit of measurement used to measure micronutrients.
Fat-soluble vitamins	Vitamins that dissolve in fat, including vitamins A, D, E and K.
Antioxidants	Vitamins that protect cells from harmful substances, including vitamins A, C and E.
Retinol	Vitamin A from animal sources.
Beta-carotene	Vitamin A from plant sources.

**Section 2: Quiz date =**

Night blindness	Caused by a deficiency of vitamin A, where you are unable to see well in dim light.
Sunshine vitamin	Another name for vitamin D.
Rickets	A condition in children where a lack of vitamin D and calcium causes bones to soften.
Thiamine	Another name for vitamin B1.
Water soluble vitamins	Vitamins that dissolve in water, including the B vitamins and vitamin C.

**Section 3: Quiz date =**

Beriberi	Caused by a deficiency of vitamin B1.
Spina bifida	A defect in the backbone of unborn babies if the mother does not have enough folic acid while pregnant.
Riboflavin	Another name for vitamin B2.
Pernicious anaemia	Caused by a deficiency of vitamin B12.
Pellagra	Caused by a deficiency of vitamin B3.

**Section 4: Quiz date =**

Vegan	A person who does not eat any animal products.
Connective tissue	Gives support and structure to body tissues.
Scurvy	Caused by a deficiency of vitamin C.
Free radicals	Substances found inside the body that will attack healthy cells causing heart disease or cancer.
Osteoporosis	Condition in adults where loss of calcium from bones makes them weak and break easily.

**Section 5: Quiz date =**

Haem iron	Iron from animal sources.
Non haem iron	Iron from vegetable or plant sources.
Iron deficiency anaemia	Caused by a deficiency of iron.
Fluoridation	When fluorine is added to drinking water.
Goitre	Caused by a deficiency of iodine.

**Section 6: Quiz date =**

Thyroid gland	Makes hormones that control metabolic rate (how quickly energy is used up in the body).
Calcium phosphate	A mineral that strengthens bones and teeth.
Dehydration	When you do not have enough water.
Heat stroke	Uncontrolled increase in body temperature.
Water intoxication	When you drink too much water.