The Highsted Tutoring Programme

Year 9 Food Preparation and Nutrition

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| Week Beginning | Topic/Skill Focus | Video Resource | Assignment |
| November 1 | Micronutrients & Macronutrients  | <https://www.youtube.com/watch?v=-3rD7BvmZzU>  | Create revision Cards on micronutrientsVitamins and mineral salt |
| November 8 | Macronutrients.  | <https://www.youtube.com/watch?v=smPR215SRzM>  | Make sub heading of each macro nutrient and give examples of the nutrients under each include: functions, classes and deficiency problems |
| November 15 | Micronutrients- Vitamins  | N/A | Make use of the worksheet and classify vitamins giving examples of food sources |
| November 22 | Micronutrients- Vitamins 2 Cooking water soluble vitamins | <https://www.youtube.com/watch?v=iPhw0-xYiAI>  | Explain the best way to cook and preserve vitamins when cooking, giving examples of foods that are rich in water soluble vitamins |
| November 29 | Micronutrients – Minerals | <https://www.youtube.com/watch?v=q4BRJMFYokI>  | Focus on 5 main nutrients and create study cards on their function, food sources and deficiency diseases |
| December 6 | Special Diets (Diet Analysis) | <https://www.youtube.com/watch?v=ZAjI0o2qkdI>  | Create revision cards on 5 special diets that you have learnt about and explain in detail |
| December 13 | Excess and Deficit (Macro & Micro) | N/A | Mind map deficiency problems related to both macro and micronutrients. Remember to name the nutrients in the two groups  |