



## Highsted Knowledge Organiser

### Year 9 Term 3: Food Preparation & Nutrition

What I need to know The functions of vitamins.	Key Vocabulary: <b>Macronutrients:</b> nutrients needed body in large <b>Micronutrients:</b> nutrients needed by the body in smaller amounts
<b>PLATINUM</b>	Can apply the in-depth knowledge of nutrients to suggest a balance meal plan. Can complete a nutritional analysis of different meal and can evaluate how healthy the meal is.
<b>GOLD</b>	Can explain the functions of nutrients. Can explain the effects of deficiency and excess these nutrients. Can analyse a meal plan and identify where there is deficiency or excess of certain nutrients.
<b>SILVER</b>	Understand the role of nutrients found in food and its function in the body. Understand the different nutritional needs at different life stages
<b>BRONZE</b>	Can name different nutrients and give examples of what they are found in. Knows what a balanced diet is.

#### Vitamins

Nutrient	Function	Sources
<b>Vitamin A</b>	Helps the immune system to work as it should and with vision.	Liver, cheese, eggs, dark green leafy vegetables and orange-coloured fruits and vegetables.
<b>B vitamins</b>	Thiamin, riboflavin, niacin, folate, and vitamin B12 have a range of functions within the body.	Different for each B Vitamin.
<b>Vitamin C</b>	Helps to protect cells from damage and with the formation of collagen.	Fruit (especially citrus fruits), green vegetables, peppers and tomatoes.
<b>Vitamin D</b>	Helps the body to absorb calcium & helps to keep bones strong.	Oily fish, eggs, fortified breakfast cereals and fat spreads.
<b>Vitamin E</b>	Helps to protect the cells in our bodies against damage.	Vegetable and seed oils, nuts and seeds, avocados and olives.
<b>Vitamin K</b>	Needed for the normal clotting of blood and is required for normal bone structure.	Green vegetables and some oils (rapeseed, olive and soya oil).

Vitamins are nutrients required by the body in small amounts, for a variety of essential processes. Most vitamins cannot be made by the body, so need to be provided in the diet. Vitamins are grouped into:  
fat-soluble vitamins (vitamins A, D, E and K);  
water-soluble vitamins (B vitamins and vitamin C).

Challenge question:

Can you EXPLAIN the FUNCTION of at least 2 of the nutrients we need in the body and give examples of food they are found in.

Suggested reading:

BBC bitesize

Food Fact For life



## Highsted Knowledge Organiser

### Year 9 Term 4: Food Preparation & Nutrition

What I need to know The functions of vitamins. Heat transfers and different cooking methods	Key Vocabulary: <b>Macronutrients:</b> nutrients needed body in large amounts <b>Micronutrients:</b> nutrients needed by the body in smaller amounts
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<b>PLATINUM</b>	Can apply the in-depth knowledge of nutrients to suggest a balance meal plan. Can complete a nutritional analysis of different meals and can evaluate how healthy the meal is. I understand how different foods are prepared using different heat transfers and I can use the correct method
<b>GOLD</b>	Can explain the functions of nutrients. Can explain the effects of deficiency and excess of these nutrients. Can analyse a meal plan and identify where there is deficiency or excess of certain nutrients. I can follow a recipe confidently, following personal hygiene & food safety rules
<b>SILVER</b>	Understand the role of nutrients found in food and its function in the body. I can use different parts of the cooker to prepare different foods.
<b>BRONZE</b>	Can name different nutrients and give examples of what they are found in. Knows what a balanced diet is.

#### Minerals



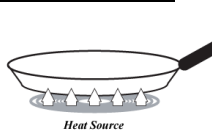
**HOB**  
Stir frying, boiling, frying

**GRILL**  
Grilling

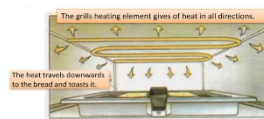
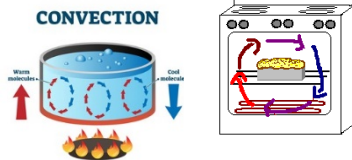
**OVEN**  
Baking

Mineral	Foods	Function(s)
Calcium	Milk, green vegetables	Strong bones/teeth, healthy muscles, blood clotting
Iodine	Fish, shellfish, yoghurt	Makes some hormones
Iron	Red meat, beans, nuts	Making red blood cells
Zinc	Red meat, beans, chickpeas	Helps to heal wounds

#### Heat Transfers



COOKING BY CONDUCTION



#### Health & safety when using the cooker

- **Always** use oven gloves when removing hot dishes from the oven/grill
- **Do not** slam the oven/grill door – this may blow out the gas flame.
- **Tie back your hair.**
- **Tie your apron securely.**
- Put the oven shelves in the correct position **before** you turn the oven on – they are easier to move when they are cold!
- Ensure saucepan handles are turned in
- Use wooden spoon

#### Challenge question:

List the foods which can be cooked on the hob, under the grill and in the oven. Give reasons why these parts of the cooker are the best way of cooking the food.

#### Suggested reading

BBC bitesize

Food Fact For life