

Year 10 – Nutrients

What are we learning about?

You will learn about all of the nutrients: their functions (jobs in the body), their sources (where they can be found) and deficiency's (what happens if you don't have enough of them in the body).



Why are we learning about it?

To ensure our bodies work correctly we need to know what we need to stay healthy and what foods to eat to get these nutrients into our bodies.



What new KNOWLEDGE will I gain?

- The key nutrients that are needed for good health
- Why the body needs nutrients.
- The functions (the job in the body) and sources (where to find the nutrient) of nutrients.
- What happens if we have too many or too few nutrients.
- How water and fibre contribution to the diet.



How does this build on the KNOWLEDGE I already have?

In Year 9 you learnt about nutrients, you to be able to identify more sources of specific nutrients to adapt recipes. You will not learn how to prepare and cook vegetable to retain their nutrients.



What new SKILLS will I develop?

- Enrobing.
- Sauce making (reduction)
- New preparation and knife skills so you can present your food with precision.
- Adapting recipes.



How does this build on the SKILLS I already have?

- Sauce making (roux)
- Basic knife skills.
- Following a recipe.
- Choosing ingredients for a recipe.
- Safe handling of meat.



Chicken Goujons & BBQ Sauce
Chilli Con Carne
Cauliflower and Broccoli Cheese

