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# NUTRITION

## REVISION



MISS BET | PART 02



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# EXPECTATIONS

SHOW RESPECT

ALWAYS LISTEN

BE YOUR BEST



# STAGE 6

## SYLLABUS

### LINKS

#### Unit: Nutrition

Students learn about:	Students learn to:
<p><b>Food nutrients</b></p> <ul style="list-style-type: none"><li>• food nutrients: carbohydrates, proteins, lipids, vitamins, minerals and water</li><li>• structure of carbohydrates, proteins and lipids</li><li>• sources of carbohydrates, proteins, lipids, vitamins, minerals and water</li><li>• functions of carbohydrates, proteins, lipids, vitamins, minerals and water in the body</li><li>• significant interrelationships between nutrients, including:<ul style="list-style-type: none"><li>– iron and vitamin C</li><li>– iron and fibre</li><li>– calcium and phosphorous</li><li>– calcium and vitamin D</li><li>– calcium and fibre</li><li>– calcium and lactose</li><li>– folate and vitamin B12</li><li>– sodium and potassium</li></ul></li><li>• digestion, absorption and metabolism of food</li></ul>	<ul style="list-style-type: none"><li>• identify food nutrients</li><li>• identify types of carbohydrates, proteins, lipids and vitamins</li><li>• identify the nutrient composition of various foods</li><li>• explain the functions of food nutrients in human nutrition</li><li>• combine foods to demonstrate nutritionally beneficial interrelationships between foods</li></ul>
<p><b>Diets for optimum nutrition</b></p> <ul style="list-style-type: none"><li>• nutritional requirements throughout the life cycle</li><li>• current food selection guides and nutritional information that assist in planning and evaluating meals/diets</li><li>• preparation techniques to produce nutritious foods</li></ul>	<ul style="list-style-type: none"><li>• describe the process of digestion, absorption and metabolism of food</li><li>• investigate the recommended dietary intake of energy, protein, vitamins and minerals for particular individuals and groups using appropriate data such as RDI tables in print or electronic format</li><li>• select foods to provide a balanced intake of nutrients for particular individuals and groups to meet a variety of nutritional needs</li><li>• use suitable preparation methods to optimise the nutritional value of foods</li><li>• assess meals/diets in regard to meeting nutritional needs throughout the life cycle</li><li>• plan, prepare, present and evaluate meals/diets that address the needs for optimal nutrition throughout the life cycle</li></ul>

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## QUESTIONS

1- A B C D

2- A B C D

3- A B C D

4- A B C D

5- A B C D

## QUIZLET

Link -

<https://quizlet.com/au/823795842/preliminary-food-technology-unit-2-nutrition-study-notes-practice-test-flash-cards/>

# SHORT ANSWER

## Teacher Response

Unit 2 Nutrition - Post Test (short Answers).

(2a) outline the importance of calcium in a pregnant woman's diet. Suggest food sources of calcium. 3 marks.

importance { calcium is essential in the development of the foetus' skeletal system, helping to maintain good bone health for the mother and baby. Dairy foods such as milk, hard cheeses and yoghurt, as well as, dark leafy green vegetables like spinach are excellent sources of calcium. Additionally, calcium-fortified foods like orange juice and plant-based milks help support muscle, heart and nerve development. ← importance

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# SHORT ANSWER

## Teacher Response

(30) **Describe** the factors that influence a person's energy.

Requirements. 4 marks

An individual's age, body size and composition, genetics and physiological state like pregnancy, adolescence or elderly influence the required energy needs daily. As such, an adolescent female requires more protein and carbohydrates for energy and rapid growth compared to an elderly woman.

Similarly, the level of physical activity and occupation are factors impacting one's energy needs, with an athlete, for example, requiring a higher intake of protein to repair and build strong muscles and bones compared to an office job (living a sedentary lifestyle).

# SHORT ANSWER

## Teacher Response

(31) **Describe** the significance of interrelationships between nutrients : 2 marks.

- Vitamin C and iron → positive
- calcium and fibre → negative

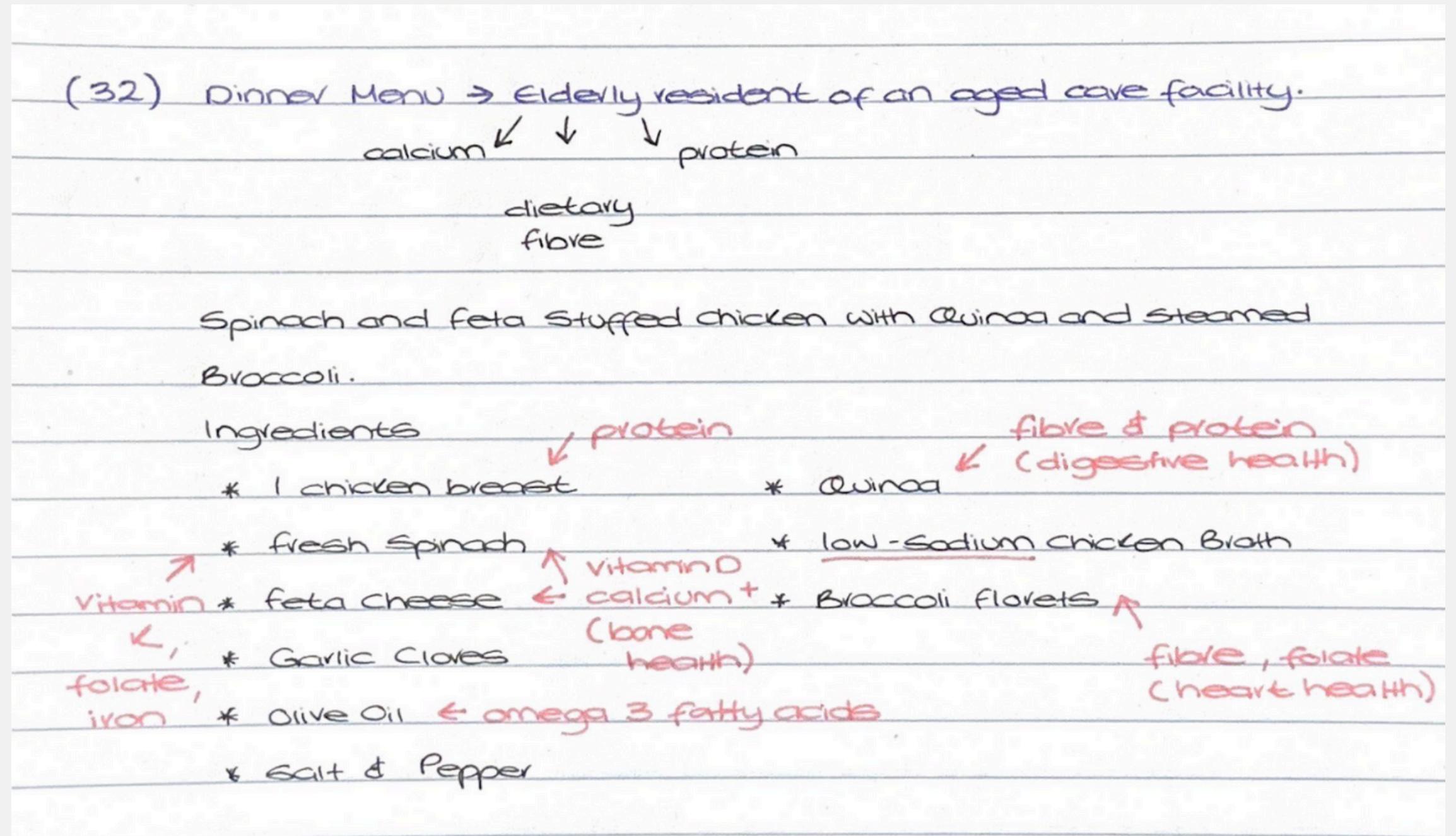
Vitamin C and iron have a positive interrelationship as vitamin C assist in the absorption of iron (increased bioavailability).

However, calcium and fibre have a negative interrelationship as high-fibre foods such as wholegrains or legumes can bind with calcium and inhibit its absorption in the intestines.

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# STRUCTURED EXTENDED RESPONSE

## Teacher Response



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# BRAINSTORM NUTRITION SYLLABUS

## STEP 1

Small groups -  
Start at ONE A3 Paper  
**BRAINSTORM!**

## STEP 2

Write down as many related notes in  
the **3 MINUTES**,  
Rotate Clockwise, **REPEAT!**

## STEP 3

Once all papers have been attempted,  
each group **PRESENTS ONE PAPER**  
Class **DISCUSSES** responses!

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## H O M E W O R K

- Attempt the structured extended response.