Year 9: Gastronomy Week of March 30th

LO: To explain the different nutrients the body needs.

**Do Now:**

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| --- |
| It is important to eat breakfast because… |
|  |
| We should drink more water throughout the day because… |
|  |
| Fish is better for our body than red meat because… |
|  |
| We should only eat 1 tsp. of salt each day, this is because… |
|  |
| We should eat 5 fruits and vegetables each day because… |
|  |
| Cutting back on saturated fats and sugars is good for the diet because… |
|  |

**After going through the slides to refresh yourself on the macronutrient protein, complete the practice questions writing them in full sentences.**

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| Protein is made up of… |
|  |
| Children need more protein than adults do because… |
|  |
| Protein has different functions in the body, for example… Another example would be... |
|  |
| HBV stands for… |
|  |
| LBVs are called that because… |
|  |
| Protein complementation is… |
|  |
| An example of protein complementation would be… this is because… |
|  |
| Vegans should be aware of the biological values of protein because… |
|  |

**After going through the slides to refresh yourself on the macronutrient fat, complete the practice questions writing them in full sentences.**

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| The difference between fats and oils is… |
|  |
| Fats have different functions in our bodies, for example… more specifically… |
|  |
| A fat molecule is called… This molecule is made up of… |
|  |
| Visible fats are… Whereas invisible fats are… An example of each would be… |
|  |
| Unsaturated fats are healthier for us because… |
|  |
| Saturated fats can lead to health problems because… for example… |
|  |
| Saturated fats are most commonly found in foods such as… Whereas unsaturated fats are found in… |
|  |
| Eating too much fat can affect the body, more specifically… |
|  |
| Someone with a family history of CHD should limit their fat intake because… |
|  |

**After going through the slides to refresh yourself on the macronutrient carbohydrate, complete the practice questions writing them in full sentences.**

|  |
| --- |
| The two groups of carbohydrates are… The biggest difference between them is… |
|  |
| Complex carbohydrates take longer to break down because… |
|  |
| Complex carbohydrates are considered to be healthier because… |
|  |
| The two main functions of carbohydrates are… |
|  |
| The two groups that make up simple sugars are… Three examples of foods that contain simple sugars are… |
|  |
| Polysaccharides are called that because… An example of a polysaccharide is… |
|  |
| It is important that we use the energy we get from carbohydrates because… |
|  |
| Dietary fibre is an important part of our diet because… |
|  |

**After going through the slides to refresh yourself on the micronutrients, complete the practice questions writing them in full sentences.**

|  |
| --- |
| Salt is needed in the body for… |
|  |
| Although we need salt, too much can be dangerous because… more specifically… |
|  |
| Vitamin D and calcium work together by… They are important in the body for… |
|  |
| Another vitamin and mineral that work together are… this is important because… |
|  |
| Micronutrients do many different jobs in the body, for example… |
|  |
| Vitamin A is good for… It can be found in foods such as… |
|  |
| The difference between the two types of vitamins is… |
|  |

**The following practice questions are a BIG review of the macro and micronutrients. Try to see if you can complete it without your notes or looking back at the powerpoint. All of your answers should be written in full sentences.**

|  |
| --- |
| Three reasons are bodies need protein are… |
|  |
| Give one example of an animal protein and one example of a plant protein. |
|  |
| Explain what amino acids are and what it means if they are essential amino acids. |
|  |
| Identify two examples of high biological value proteins and two examples of low biological value proteins. |
|  |
| Protein complementation is… An example of it would be… this is because… |
|  |
| The two groups of carbohydrates are… |
|  |
| The three monosaccharides are… The three disaccharides are… |
|  |
| Our bodies need carbohydrates for… |
|  |
| The differences between simple sugars and complex carbohydrates are… |
|  |
| The two groups of fats are… |
|  |
| Saturated are unhealthy because… Unsaturated fats are better for you because… |
|  |
| Our bodies need fats for… |
|  |
| Three examples of fatty foods would be… |
|  |
| The differences between saturated and unsaturated fats are… |
|  |
| The two groups of vitamins are… |
|  |
| The body needs B group vitamins for… |
|  |
| Vitamin C is important in the body because… |
|  |
| Eating foods rich in antioxidants is good for the body because… more specifically… |
|  |
| The body needs calcium for… |
|  |
| Vitamin C and iron work together by… This is important for the body because… |
|  |
| It is important for people to watch how much sodium is in their diet because… The dietary guideline that helps with this is… |
|  |
| It is not very likely that someone would have a phosphorus deficiency because… |
|  |
| Two sources of fluoride are… |
|  |
| Fat soluble vitamins are found in… These vitamins include… |
|  |

**In this last section you will complete an exam questions based on the different nutrients the body needs. Be sure to read the question carefully and write your answer in full sentences using the space provided.**

|  |
| --- |
| Joe is in primary school. He takes a packed lunch to school each day which always includes the following: Ham and Cheese Sandwich on White Bread, Apple, Blueberry Muffin, Small Bag of Crisps and Orange Juice to drink. Describe how the nutrients in Joe’s lunch will help him get through each day. Give suggestions as to how Joe’s packed lunch could be improved. **(10 marks)** |
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