

# Level 1&2 Hospitality & Catering- Year 10 Term 1.1

## (Exam Board EDUQAS)



<b>Unit of study- Understanding the importance of nutrition.</b>		
<p><b>Specification</b> 2.1.1 Understanding the importance of nutrition</p> <p>Macronutrients:</p> <ul style="list-style-type: none"> <li>• carbohydrate</li> <li>• fat</li> <li>• protein</li> </ul> <p>Micro-nutrients:</p> <p>Vitamins:</p> <ul style="list-style-type: none"> <li>• fat soluble vitamin A and vitamin D</li> <li>• water soluble: vitamin B group and vitamin C.</li> </ul> <p>Minerals:</p> <ul style="list-style-type: none"> <li>• calcium</li> <li>• iron</li> <li>• sodium</li> <li>• potassium</li> <li>• magnesium</li> </ul> <p>as well as:</p> <ul style="list-style-type: none"> <li>• dietary fibre (NSP)</li> <li>• water.</li> </ul> <p>Different life-stages:</p> <ul style="list-style-type: none"> <li>• adults; early, middle, late (elderly)</li> <li>• children; babies, toddlers, teenagers.</li> </ul> <p>Special dietary needs for individuals who:</p> <ul style="list-style-type: none"> <li>• require different energy requirements based on lifestyle, occupation, age or activity level</li> <li>• require special diets</li> <li>• have medical conditions; allergens, lactose intolerance, gluten intolerance, diabetes (type 2), cardiovascular disorder, iron deficiency</li> <li>• have dietary requirements, such as religion</li> </ul>	<p><b>Aims &amp; Objectives:</b></p> <p>To revise key knowledge so that you can recall and use key terms and knowledge accurately.</p> <p>To recap key sections from the topic and embed understanding of key knowledge.</p> <p>To practice long answer exam style questions to improve confidence in completing the written exam.</p>	<p><b>Revision links:</b></p> <p><a href="#">Understanding the Importance of Nutrition Resource</a></p> <p><a href="#">Understanding the Importance of Nutrition Resource 2</a></p> <p>Tasks you could complete independently:</p> <ul style="list-style-type: none"> <li>• Mind maps</li> <li>• Flash cards</li> </ul>
	<p><b>Types of tasks to expect:</b></p> <p>You will be set a long answer exam question during the last week of the half term based on a topic within the understanding the importance of nutrition section.</p> <p>You will also be set short Quizizz to complete for each of the other weeks in the half term again based on topics within the understanding the importance of nutrition section.</p> <p><b>Where?</b></p> <p>A printed copy of the homework exam question will be provided to you. This will also be available in Google Classroom</p> <p>Homework will also be posted on ClassCharts.</p> <p><b>When?</b></p> <p>Key knowledge quizizz will be set at the beginning of each week (weeks 3,4,5,&amp; 6). This should be submitted before the first lesson the following week.</p> <p>The exam question will be set once a half term (week 7) and this should be submitted before the first lesson the following week (week 9).</p> <p><b>Feedback</b></p> <p>Quizizz will be automarked by the programme. The exam question will be given detailed feedback and DIRT will be provided where appropriate.</p>	

