

Year 9 Food Rotation

Macronutrients and micronutrients

There are **5** main groups of nutrients. These 5 groups can be divided into 2 groups
Macronutrients which are needed by the body in large amounts.
Micronutrients which are needed by the body in small amounts.

What are Nutrients?
 Nutrients are the building blocks that make up food and have **specific and important roles to play in the body**. Some nutrients provide **energy** while others are essential for **growth** and **maintenance of the body**.

Macro Nutrient	Role in the body	Food Example
Carbohydrate	The main source of energy for the body.	Bread, rice, pasta, potatoes
Protein	Provides the body with growth and repair.	Meat, poultry, beans, eggs, lentils, tofu, fish
Fat	Provides the body with insulation and a small amount protects vital organs. Provides essential fatty acids for the body.	Butter, oil, cheese, cream, nuts, oily fish, crisps

Vitamin	Role in the body	Food examples
A	Helps to keep the eyes healthy and strengthen the immune system.	Dark green leafy vegetables, carrots, liver
B	Helps to release the energy from the food we eat.	Bread, milk, cereals, fish, meat
C	Help with skin healing and healthy skin. Help with the absorption of Iron.	Fresh fruit, broccoli, tomatoes
D	Important for absorbing calcium and help with healthy bone structure	Oily fish, eggs, butter, Sunshine
Mineral	Role in the body	Food Examples
Calcium	Important for strong teeth and bones. It also helps with blood clotting.	Milk, yoghurt, soya, dark green leafy vegetables
Iron	Needed for red blood cells which help to transport oxygen around the body.	Nuts, whole grains, dark green leafy vegetables, meat, liver

Key Processes

Kneading_
 to work dough, to develop the gluten that is found in flour, this gives baked goods their structure and texture. When making dough, the flour and other dry ingredients are combined with the wet ingredients, usually warm water, along with yeast.



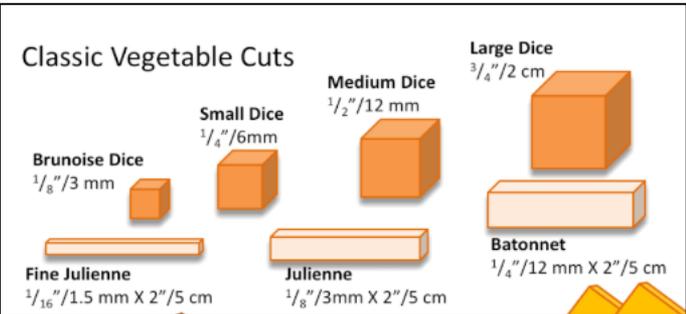
Rubbing in:
 is a technique where flour is rubbed into a fat to make dishes such as shortcrust pastry, crumbles and scones.



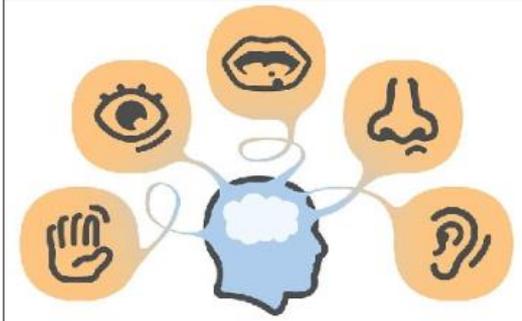
COOKING METHODS



Separating eggs:
 is a process, generally used in cooking, in which the **egg yolk** is removed from the **egg white**. This allows one part of the **egg** to be used without the other part, or each part to be treated in different ways



SENSORY ANALYSIS



Wider thinking/further reading:
www.foodafactoflife.org.uk
www.food.gov.uk