Year 10 Hospitality and Catering Level 1/2– Knowledge Organiser TERM 2 – UNIT 2.1

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

SPECIAL DIETS

Lactose intolerance. People must avoid milk, cheese butter , yogurt and processed foods that contain milk products.

Coeliac disease (gluten intolerance). People must avoid wheat, wheat products, pasta, noodles, semolina, bread, pastry, sauces, rye, barley and oats (including breakfast cereals. They can eat rice, potatoes, corn and corn products.

Nut allergy. People must avoid nuts, blended cooking oils and margarines that contains nut oils.

Diabetes. Diabetics find it difficult to control their blood sugar levels, so they need to eat starchy foods at regular intervals. They avoid foods high in sugar.

Vegans do not eat the flesh of any animal or any animal product e.g. cheese.

Lacto-vegetarians do not eat the flesh of any animal but they will eat eggs, milk, cheese, honey etc.

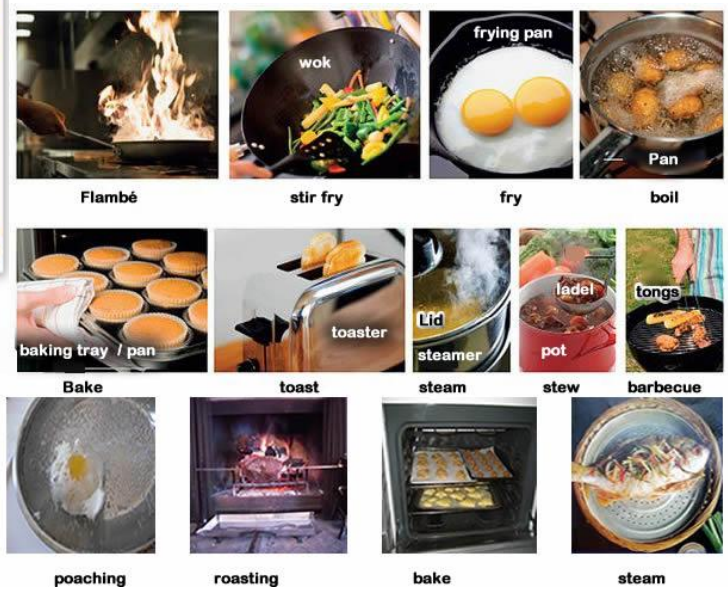
Muslims do not eat pork. They eat Halal meat.
Hindus do not eat beef.
Some Sikhs avoid meat and fish.

UNSATISFACTORY NUTRITIONAL INTAKE

Deficiency - Under nutrition occurs when is there is a deficiency of one or more nutrients.

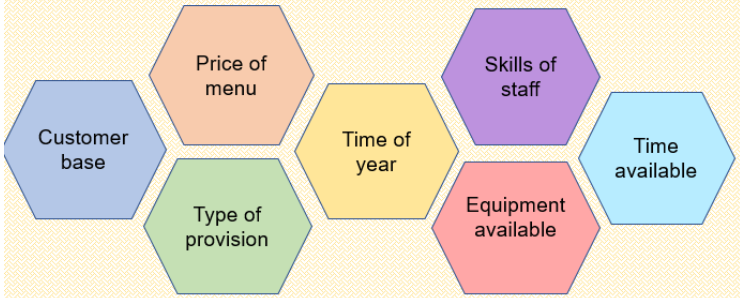
Excess - over nutrition is having an energy intake in excess of needs, resulting in overweight and obesity

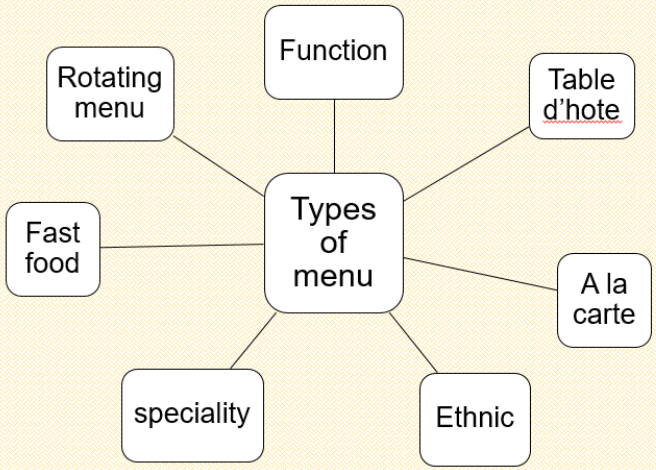
HOW COOKING METHODS EFFECT NUTRITIONAL VALUE



Year 10 Hospitality and Catering Level 1/2– Knowledge Organiser TERM 2 – UNIT 2.2 & 2.3

Factors to consider when planning a menu



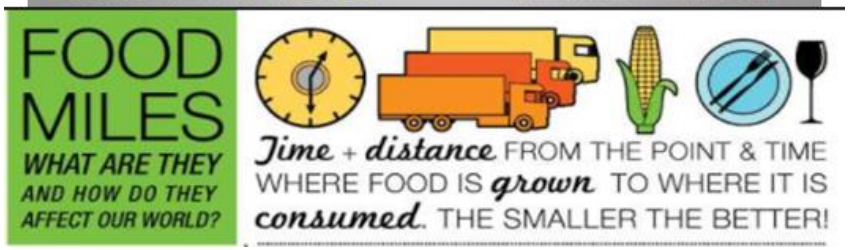


BRITISH STANDARDS

FAIRTRADE

RSPCA ASSURED

SOIL ASSOCIATION ORGANIC



REUSE
REDUCE
RECYCLE

CONSERVATION OF ENERGY, WATER AND RESOURCES

What are the customer needs?