

Year 11 - Food Revision Up Until Easter

Revise the topics in the table below over the next couple of weeks. There are suggested revision tasks, however please feel free to adapt accordingly to your own revision styles. We will also be setting assignments on Seneca, so please ensure this is checked daily, along with SMHW.

Any questions during this time, please get in contact as we will be available over email

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Topic		<u>Suggested Revision Task</u>
<p>Nutrition</p> <p>Vitamins</p>	<p><u>Fat soluble</u></p> <ul style="list-style-type: none"> • Vitamins A (retinol/beta carotene), D, E & K <p><u>Water soluble</u></p> <ul style="list-style-type: none"> • Vitamins B group - B1 (thiamine), B2 (riboflavin), B3 (niacin), folic acid and B12. • Vitamin C (ascorbic acid) ➤ Functions ➤ Sources ➤ Effects of deficiency ➤ DRV's <p><u>Antioxidant vitamins: A, C & E</u></p>	<ul style="list-style-type: none"> • Use the revision guide to make revision notes, revision cards, mind maps, posters, etc. (Digital copy of flashcards attached) • Seneca Learning • Answer exam Questions and MCQ's in revision book • Revision folder • Ask someone to test you • Used BBC bitesize revision resources • GCSEPOD • Youtube - TED-ed • Other ways to suit yourselves
<p>Nutrition</p> <p>Minerals</p>	<p><u>Minerals</u> Calcium, Iron, Sodium (salt), fluoride, iodine, phosphorus</p> <ul style="list-style-type: none"> • Functions • Sources • Deficiencies/ excess • DRV's 	
<p>Water</p>	<ul style="list-style-type: none"> • Importance • How it is lost • Functions • How much is needed • Too much/too little water 	
	<ul style="list-style-type: none"> • 8 healthy eating guidelines • Portion size and costing when meal planning • Factors affecting nutritional requirements i.e. age • Nutritional needs for:- <ol style="list-style-type: none"> 1. Young children 2. Teenagers 3. Adults 4. Elderly • How to plan for specific dietary groups <ol style="list-style-type: none"> 1. Vegetarian /vegan 2. Coeliac 3. Lactose 4. High fibre diet • 	
<p>Energy needs</p>	<ul style="list-style-type: none"> • Key terms: BMR, PAL • Recommended % energy needed from nutrients per day i.e. protein 15% 	

Nutritional diet related diseases	You need to know how the following causes of the dietary disease and how it can affect health: <ol style="list-style-type: none">1. Obesity2. CHD3. HBP high blood pressure4. Bone health (rickets and osteoporosis)5. Iron deficiency anaemia6. Type II diabetes	
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