



Year 7 Food Learning Journey

Spring - HT 4 Food and Nutrients

Core knowledge	Reference number
Introduction to nutrients – What are the macro and micronutrients needed by the body?	
Macro nutrients – what are the functions and sources of nutrients?	
FPT – chow Mein - Can I make a dish that uses a range of macronutrients	
Micronutrients focus on Minerals – What are the functions and sources of minerals in the body	
FPT – smoothies – Can I make a product that contains a range of minerals	
Micronutrients – What are the functions and sources of a range of vitamins	
FPT – Can I make a product high in vitamins – Hummus and pita bread	
Learning checkpoint -	
WCF and DIRT Time	

Learning Checkpoint

Learning checkpoint titles
Explain the importance of a healthy balanced diet

Key Vocabulary
Macronutrients, micronutrients, amino acids, high biological value, low biological value, fat soluble, unsaturated, saturated, diabetes, carbohydrates, NSP non starch polysaccharide, obesity, constipation, absorb