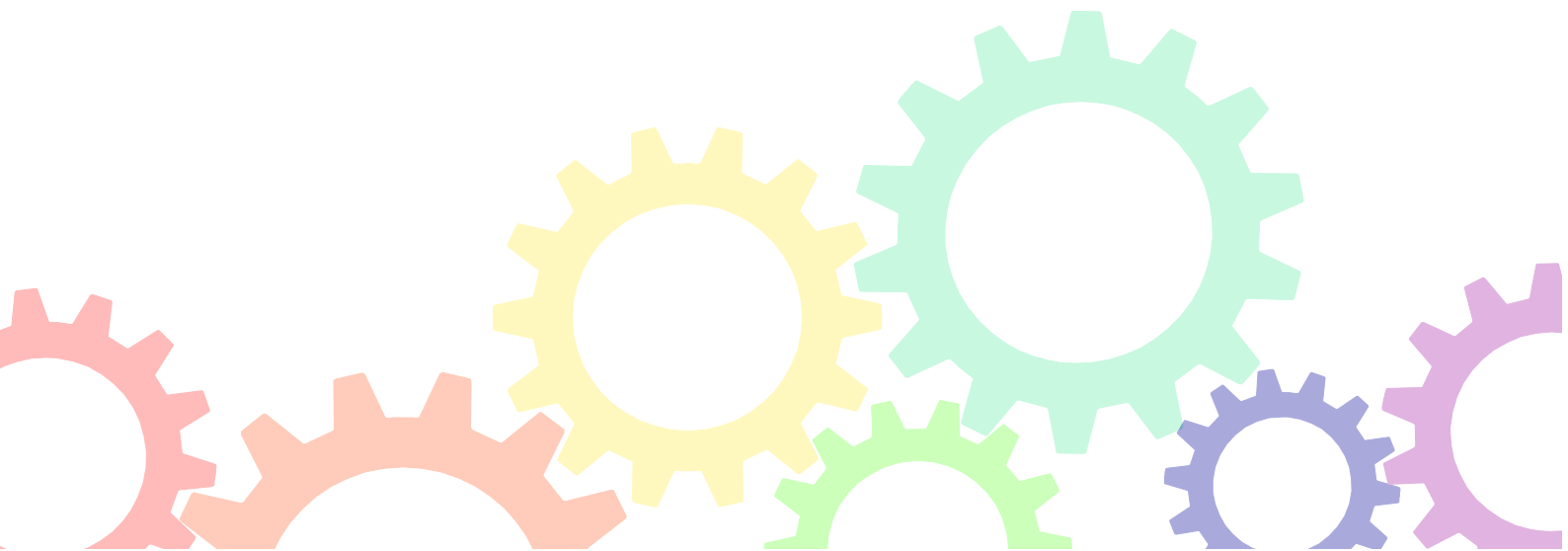




Food Preparation & Nutrition

Year 10 Homework Booklet

Autumn Term 2



Over the next 7 weeks you will complete a range of tasks at home

Details of each task can be found in this booklet, clearly labelled homework 1 - 5

Work must be **handed in on time each week** and **presented neatly**.

It is **your responsibility** to keep this booklet safe. If you lose it you must pay to print another, photocopy someone else's or write up the tasks by looking at a friend's. It **will not be accepted as an excuse** for not handing in your work.

Homework	Hand in date
Homework 1	
Homework 2	
Homework 3	
Homework 4	
Homework 5	

Useful websites to use throughout the booklet:

www.foodafactoflife.org.uk

www.bbc.co.uk/education

www.foodforlife.org.uk

www.grainchain.com

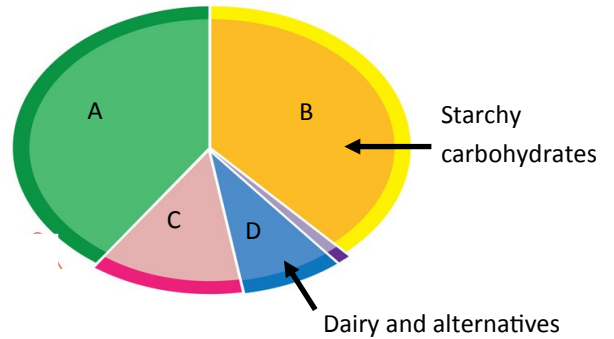


Homework 2

Section 1 - Healthy Eating Guidelines

Answer the following questions, ensure you write in sentences and JUSTIFY your answers where necessary.

1. The Eatwell Guide has five sections to show how much of each food group we should eat. A partially labelled diagram of the Eatwell Guide is shown



- a. i. what kind of foods would you find in section A?

..... (1 mark)

- ii According to the Eatwell Guide, how many of these foods should we eat daily?

..... (1 mark)

- b. How many portions of fish should we eat each week? (1 mark)

- c. Name two low-fat foods you would find in section D (Dairy and alternatives)

1..... 2..... (2 marks)

- d. Name two foods you would find in section E.

1..... 2..... (2 marks)

- e. According to the Eatwell Guide, how many glasses of fluids should we drink each day?

..... (1 mark)



Homework 3

Section 1 - Nutritional Needs of Different Age Groups

Answer the following questions, ensure you write in sentences and JUSTIFY your answers where necessary.

1. Jade wants her five year old son to have a healthy balanced diet

Describe how Jade can set a good example of healthy eating habits to her son.

.....
.....
.....

(3 marks)

2. Teenagers with poor eating habits can develop vitamin deficiencies and health conditions.

a. Some teenagers dramatically reduce their food intake over thoughts about how they look. Name the condition characterised by this eating habit.

.....

(1 marks)

b. Explain why each of the following nutrients are particularly important for teenagers:

i. iron and vitamin C (especially for girls)

.....
.....
.....

(2 marks)

ii. Calcium and vitamin D

.....
.....
.....

(2 marks)

3. You have been asked to plan a meal for an elderly adult.

a. Outline one nutrient that is important to include in the meal.

.....
.....(2 marks)

b. Explain why you should consider making a meal with a strong flavour and smell.

.....
.....(2 marks)



Homework 4

Section 1 - Diet-related Health Problems

Answer the following questions, ensure you write in sentences and JUSTIFY your answers where necessary.

1. Obesity can have a real impact on everyday health and well-being. Tick the five conditions below which are associated with obesity.

- | | | | |
|------------------------------|--------------------------|--------------------------|--------------------------|
| • Tooth decay | <input type="checkbox"/> | • Hyperactivity | <input type="checkbox"/> |
| • High blood pressure | <input type="checkbox"/> | • Breathing difficulties | <input type="checkbox"/> |
| • Increased risk of a stroke | <input type="checkbox"/> | • Cancer | <input type="checkbox"/> |
| • Type 2 diabetes | <input type="checkbox"/> | • Anaemia | <input type="checkbox"/> |
| • Osteoporosis | <input type="checkbox"/> | • Lactose intolerance | <input type="checkbox"/> |

(2 marks)

2. Mathilda tells you she is experiencing the symptoms below.

- | | |
|-------------|--|
| • Tiredness | • Headaches |
| • Pale skin | • Heart palpitations (heart beating irregularly) |

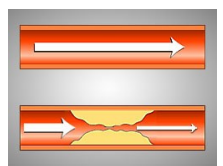
a. Which diet-related health problem might she have?

..... (1 mark)

b. Which two nutrients should she include more of in her diet to help treat her condition?

1. 2. (2 marks)

3. The diagram on the right shows a healthy artery and a clogged artery showing signs of CHD



a. What does CHD stand for?

.....
(1 mark)

b. Give two risk factors of CHD

1.
2.
(2 marks)

c. Describe the effects of CHD on the body.

.....
.....



Homework 4

Section 1 - Diet-related Health Problems

4. Bone diseases can be caused by poor nutrition.

A. Which bone disease affects children with a vitamin D deficiency?

..... (1 mark)

B. Describe the symptoms of this bone disease.

.....
.....
.....

(2 marks)

C. Elderly adults can sometimes develop osteoporosis. Suggest two foods which could help prevent osteoporosis in elderly adults.

1. 2. (2 marks)

5. Plaque can build up on teeth over time and cause tooth decay. Describe how parent can reduce the risk of tooth decay developing in their children.

.....
.....
.....
.....
.....

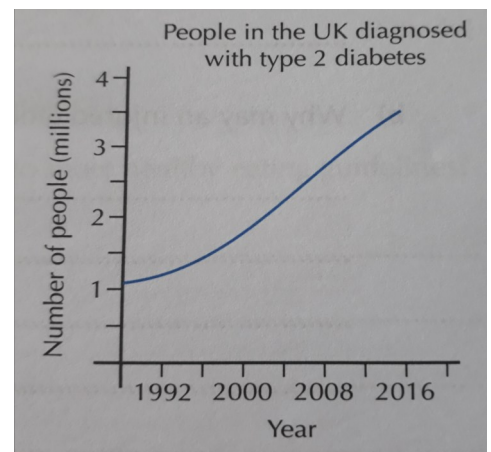
(3 marks)

6. The graph shows the change in the number of people diagnosed with type 2 diabetes in the UK between 1988 and 2016

A. Describe the trend shown in the graph

.....
.....
.....

(1 mark)



Homework 5

Section 1 - Energy Needs

Answer the following questions, ensure you write in sentences and JUSTIFY your answers where necessary.

1. Macronutrients are eaten in large quantities and provide us with energy we need.

a. Which macronutrient should provide about 15% of our energy intake?

..... (1 mark)

b. what percentage of our energy intake should starchy carbohydrates and natural sugars provide?

..... % (1 mark)

2. your Basal Metabolic Rate (BMR) depends on lots of different factors. Complete the gaps using the word bank below (you don't need to use all the words)

exercise age fewer lower calories reduction
More women heavier vitamin C underweight higher

BMR decreases with.....due to the..... in our muscle mass. This means that we need fewer calories as we age. generally have a BMR than men because they naturally have less muscle. People who are overweight have a BMR because they need more..... For their body to function. (3 marks)

3. Your PAL is needed to calculate your daily energy requirement.

a. Describe what is meant by PAL

.....
.....

(2 marks)

b. Why may an injured athlete have to change their diet to maintain a healthy weight?

.....
.....
.....
.....
.....

(3 marks)

