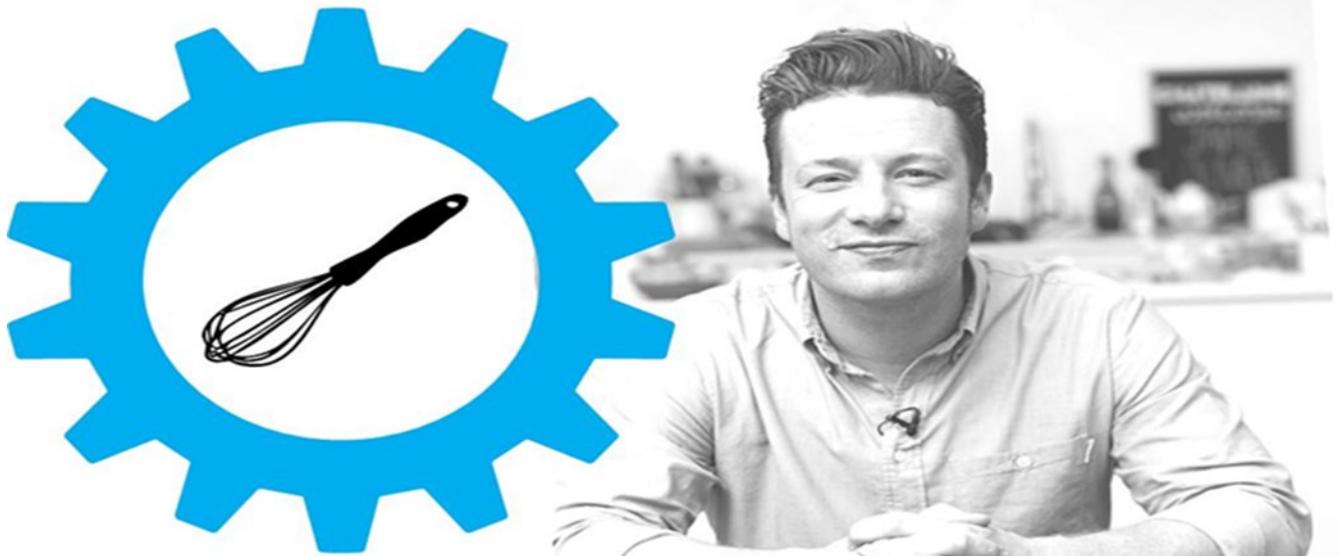


# Food Preparation & Nutrition



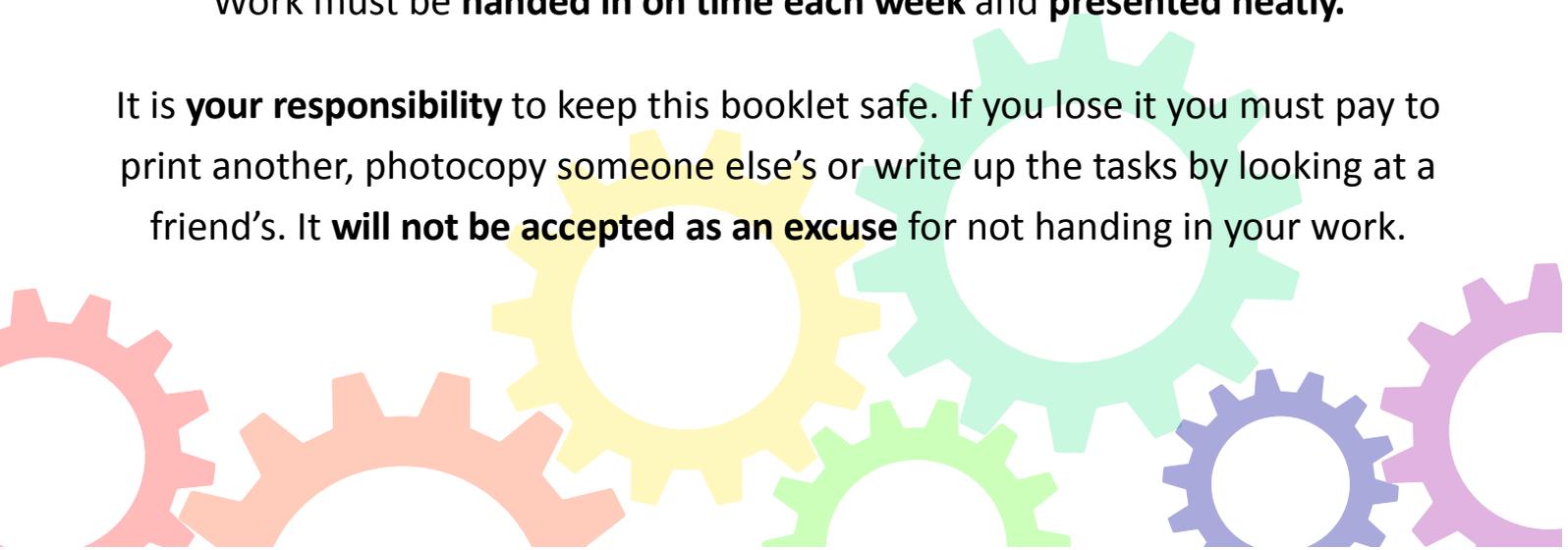
## Year 8 Homework Booklet

Over the next 5 weeks you will complete a range of tasks at home

Details of each task can be found in this booklet, clearly labelled weeks 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.



Week 1

State the name and the use of the equipment shown below

	Name	Use
		
		
		
		
		
		

## Week 2

Find the definitions for the key terms below

Key Term	Definition
Bacteria	
Hazard	
Coagulation	
Sustainability	
Perishable Foods	
Additives	

### Week 3

Using the website to research sustainability and complete the questions.

[www.practicalaction.org/6rs-sustainability](http://www.practicalaction.org/6rs-sustainability)

[www.bbc.co.uk/schools/gcsebitesize/design/foodtech/socialenvironmentalissuesrev2.shtml](http://www.bbc.co.uk/schools/gcsebitesize/design/foodtech/socialenvironmentalissuesrev2.shtml)

1. What are the 6R's in food?

- i. ....
- ii. ....
- iii. ....
- iv. ....
- v. ....
- vi. ....

2. What is meant the by term renewable and why is it important?

.....

.....

.....

3. What is meant by the term food miles?

.....

.....

.....

4. Name 3 foods that can be organic

- i. ....
- ii. ....
- iii. ....

5. Complete the table below.

Symbol	What does it mean	Symbol	What does it mean
			
			

Week 4

**Energy**

Useful websites:

**[www.foodfactoflife.org.uk](http://www.foodfactoflife.org.uk)**

<https://www.youtube.com/watch?v=d-5w67NAOIo>



Watch the podcast to be able to answer the following question

1. What is energy?

.....  
.....

2. What is the source of energy for humans?

.....  
.....

3. What nutrients provide energy?

.....

4. How is energy measured? How would we typically see it labelled on packaging?

.....

5. What does DRV stand for?

.....

6. What percentage of energy should come from

i. Carbohydrates?..... ii. Protein?..... iii. Fat? .....

7. How long would it take to use the energy provided from a chocolate bar?

i. watching tv..... ii. Walking..... iii. Running.....

8. Factors affect energy output?

.....

9. Is it healthy to loose too much weight? Explain your answer

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

Week 5

**Nutrition Revision**

Useful websites:

**www.foodfactoflife.org.uk**

**www.nhs.co.uk**

1. Name 2 macronutrients

i ..... ii. ....

2. What is the function (why does the body need them) of this macronutrients?

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

3. There are 8 healthy eating guidelines that we should follow, name 4 of them and explain the benefit of the guideline?

<b>Guideline</b>	<b>Benefit t following the guideline</b>

4. Vitamins and minerals are micronutrients. What does this mean?

.....  
.....

5. Name one vitamin and one mineral needed in the diet

Vitamin: .....

Mineral: .....

6. What are essential Amino acids?

.....  
.....