



Food Preparation & Nutrition

Year 10



Summer Support

Are you on track with your recent studies? Look through this checklist of key topics and see if you have an understanding of the key ideas. If you discover a gap in your knowledge use the highlighted tasks from the recently set work to fill in any gaps. Highlight any areas you need to work on.

I have worked through the units of Health, Dietary Needs & Health Related Disease. P:\KSHS\DEPARTMENTS\Food	✓ / ✗
I have completed the 'Sources of Food Pupil Workbook'. P:\KSHS\DEPARTMENTS\Food	
I have revisited my text book and carried out all the reading and activities covering the Macro Nutrients—Protein, Fats & Carbohydrates	
I have clearly identified the differences between Vitamins and Minerals and their roles in our bodies, using the Resources provided on Teams	

Challenge Time

Want to get ahead of the game and prepare for next term? Why not try these tasks:

- Practice the dishes that haven't been as successful this year
- Watch 'Eatwell For Less' for ways to budget when planning for NEA2
- Read through the NEA2 section of the Textbook