

## Half-term One September – October 2020

### Year 11 Hospitality

Lesson	Instructions	Resources	Curriculum
1	What are macronutrients?- read information and make notes	<a href="https://www.foodafactoflife.org.uk/14-16-years/healthy-eating/energy-and-nutrients/#macro">https://www.foodafactoflife.org.uk/14-16-years/healthy-eating/energy-and-nutrients/#macro</a>	Unit 2 - coursework
2	What are micronutrients?- read information and make notes	<a href="https://www.foodafactoflife.org.uk/14-16-years/healthy-eating/energy-and-nutrients/#micro">https://www.foodafactoflife.org.uk/14-16-years/healthy-eating/energy-and-nutrients/#micro</a>	Unit 2- coursework
3	Why do we need fibre?- read information and make notes	<a href="https://www.foodafactoflife.org.uk/14-16-years/healthy-eating/energy-and-nutrients/#fibre">https://www.foodafactoflife.org.uk/14-16-years/healthy-eating/energy-and-nutrients/#fibre</a>	Unit 2 - coursework
4	Energy- read powerpoint and complete sheet	<a href="https://www.foodafactoflife.org.uk/14-16-years/healthy-eating/energy-and-nutrients/#energy">https://www.foodafactoflife.org.uk/14-16-years/healthy-eating/energy-and-nutrients/#energy</a> <a href="https://www.bbc.co.uk/teach/class-clips-video/design-and-technology-gcse-energy-needs-of-the-body/z692rj6">https://www.bbc.co.uk/teach/class-clips-video/design-and-technology-gcse-energy-needs-of-the-body/z692rj6</a>	Unit 2 - coursework
5	Nutritional needs through life- read powerpoint and make notes	<a href="https://www.foodafactoflife.org.uk/14-16-years/healthy-eating/nutritional-needs-through-life/#NNTL">https://www.foodafactoflife.org.uk/14-16-years/healthy-eating/nutritional-needs-through-life/#NNTL</a>	Unit 2 coursework

**Please email any queries and completed work to Mrs Weites**

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