**Food For All - S2 Remote Learning Wks 1 /2**

**This term we will be looking at all the Nutritional requirements that we need at different ages and stages of our life. Every 2 weeks we will be looking at specific age groups and discovering what we need to do to meet the dietary requirements.**

**Please complete the following tasks and email them to your new S2 Home Economics teacher by Friday 29th May.**

**Tasks**

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| **RECAP** | **What are the 5 main nutrients and their functions?** **Fats****C****P****V****M****Produce a poster to display all the information** |
| **Pregnant Women** | List 3 foods which could be harmful to pregnant woman and explain why? | What nutrients are especially important to pregnant women and explain why? | Explain why pregnant women should not drink alcohol or smoke during pregnancy? |
| **Babies** | List 2 advantages and 2 disadvantages of breast feeding. | Pick 5 foods that would be suitable for weaning your baby, explain why these foods are appropriate. |  |
| **Toddlers** | It is important for toddlers to try new tastes, textures, and smells. -Why do you think this is important? | List 5 ways of encouraging toddlers to eat vegetables. (think of ways to make mealtimes fun) | Why do you think salt & sugar should not be added to weaning food? |
| **Possible recipe** | There are many recipes that are suitable for Pregnant women and Toddlers. If we were in school, we would be making a Broccoli Salad for Pregnant women and Chicken Nuggets for Toddlers. TASKYou need to research possible recipes to meet the groups dietary needs and hopefully be able to make the dishes. Please take pictures of any dishes you make and a recipe card with Ingredients and method for the dish. |

**Websites to help with tasks**

[https://www.nutrition.org.uk/](https://www.nutrition.org.uk/?__cf_chl_jschl_tk__=9e7aef205c8472ea28bebf1808b303bd29470cd3-1589364802-0-AYNCQLfDD5TaH-pldkOBvoYvvo3BfU3NObzZv1iy4Tz6y0fBbSfgKuGcU-xPP96hQCSKRSf1FSSuPt9UFViKrzvBTegxqBrQUP0Q8OU9mDhyg5BJMp57jMPfw-W4SFs_ikUfslGkq5mSD4mrNsxWPcUhZQHaBrFsMSpaylYwxSJ2Ovgs9BuJFLYZ4gJSmk6PvS9sqpKG58-BeaXXRz0gRlTH-HjLE84lJ1sg1ErvNOO2EQE6CbS7qlK9jutk-4cmdZi2Zl3zelnlLE8d_0N5X_OfjuavwZDe4MLHcXFiO8Si9mlH_eLyxxZhw0DqudYt0dbfh-Npf5WnlLVN2ut0NIM)

<https://www.foodafactoflife.org.uk/>

<https://www.nhs.uk/live-well/eat-well/>

<https://www.annabelkarmel.com/?s=chicken+nuggets>

<https://www.bbc.co.uk/food/recipes/one_pot_chilli_con_carne_17422>

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