

FOOD FOR ALL - S2 Remote Learning Week 3 & 4

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 12th June.

TEENAGERS What should Teenagers be eating? Teenagers grow very fast, faster than any other time in their lives.	TASK 1: Identifying the importance of the following nutrients in a Teenagers diet and a food source: <table><tr><td></td><td>Why it is needed?</td><td>Food Source</td></tr><tr><td>Protein</td><td></td><td></td></tr><tr><td>Carbohydrates</td><td></td><td></td></tr><tr><td>Calcium, Phosphorous and Vitamin D</td><td></td><td></td></tr><tr><td>Iron</td><td></td><td></td></tr><tr><td>Vitamin C</td><td></td><td></td></tr></table>		Why it is needed?	Food Source	Protein			Carbohydrates			Calcium, Phosphorous and Vitamin D			Iron			Vitamin C			TASK 2: Analyse your diet: What does a typical mealtime look like for you?? Breakfast: Lunch: Dinner: Snacks:	TASK 3: Watch this video clip: CLICK HERE What are your thoughts on the obesity epidemic hitting teenagers?
	Why it is needed?	Food Source																			
Protein																					
Carbohydrates																					
Calcium, Phosphorous and Vitamin D																					
Iron																					
Vitamin C																					
ADULTS	Adults should have a healthy diet, with a wide variety of carbohydrates, fruit, vegetables, meat and fish. TASK 1: Play the EATWEL GUIDE GAME to sort the foods into correct categories.	TASK 2: Read over the top tips for MEN and the top tips for WOMEN nutrition. Identify if there are any differences. Identify if there are any similarities.																			
POSSIBLE RECIPE	There are many recipes that are suitable for Teenagers and Adults. If we were in school, we would be making a SPICY VEGETABLE TORTILLA for TEENAGERS. TASK: You 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 the ingredients and method for the dish.																				

Where do I send my work?

Please check which teacher you are to email your work to:

2A 2D 2E 2G send your work to Miss Gordon – s.gordon1@angusschools.org.uk

2B 2F 2H 2J 2M send your work to Mrs Whyte – l.whyte@angusschools.org.uk

2C 2K 2L send your work to both Mrs Mather – s.mather@angusschools.org.uk and Mrs White – m.white3@angusschools.org.uk

When you send in your email put your NAME and CLASS in the subject section.

Thank you!!