

National 5

6 videos



National 5 Nutrition - exam techniques and answer questions

Year

Rating

Duration

2020

E

00:08:03

Learning intention - how to approach exam questions on nutrition. Success criteria: be able to identify Command Words used in N5 HFT assessments



Water and Dietary Fibre

2020

E

00:09:24

Learning about how our bodies need water and dietary fibre. Identify and explain the sources and functions of water and dietary fibre.



Introduction to Minerals

2020

E

00:09:23

Learning about Micronutrients. Identify and explain functions of Iron, calcium and sodium.



Introduction to Vitamins

2020

E

00:15:07

Learning about Micronutrients Identify sources and functions of Vitamins A, B, C, & D.



National 5 Introduction to Macronutrients

2020

E

00:13:04

Identify the sources of protein, carbohydrate and fat. Explain the effects on health of protein, carbohydrate and fat.



Introduction to Essential Fatty Acids

2020

E

00:04:36

Learning about Macro Nutrients. Identify sources of EFA's and explain the function in the body.