







# National 5

6 videos

		Year	Rating	Duration
	<b>National 5 Nutrition - exam techniques and answer questions</b> Learning intention - how to approach exam questions on nutrition. Success criteria: be able to identify Command Words used in N5 HFT assessments	2020	E	00:08:03
	<b>Water and Dietary Fibre</b> Learning about how our bodies need water and dietary fibre. Identify and explain the sources and functions of water and dietary fibre.	2020	E	00:09:24
	<b>Introduction to Minerals</b> Learning about Micronutrients. Identify and explain functions of Iron, calcium and sodium.	2020	E	00:09:23
	<b>Introduction to Vitamins</b> Learning about Micronutrients Identify sources and functions of Vitamins A, B, C, & D.	2020	E	00:15:07
	<b>National 5 Introduction to Macronutrients</b> Identify the sources of protein, carbohydrate and fat. Explain the effects on health of protein, carbohydrate and fat.	2020	E	00:13:04
	<b>Introduction to Essential Fatty Acids</b> Learning about Macro Nutrients. Identify sources of EFA's and explain the function in the body.	2020	E	00:04:36