



Key Fundamental	Knowledge
Year 10	
Nutrients: Source and function	<ul style="list-style-type: none"> • Protein • CHO • Fats • Vitamins: A, B group, C and D • Minerals: iron and calcium, Sodium, potassium and magnesium
the nutrients that are needed in the diet of people at different ages	<ul style="list-style-type: none"> • Adults: Early / middle . elderly • Children: Babies/toddlers / teenagers
The nutritional requirements of people with special medical diets and be able to identify the foods they can and can't eat	<ul style="list-style-type: none"> • Allergens • Lactose and gluten intolerance • Diabetes (type 2) • Cardiovascular • Iron deficiency • Religious dietary requirements • Vegans / vegetarians / Pescatarians
Impact of cooking methods on nutrients and be able to identify the impact on different foods.	<ul style="list-style-type: none"> • Boiling • Frying • Grilling • Poaching • Roasting • Steaming • Baking • Stir frying