

Home Learning Instructions

Subject: Science year 8	Week: (19/10/2020)
Objectives: <ul style="list-style-type: none">• To know how we test different foods for each nutrient group.• To compare the nutrients in a range of foods.• To evaluate your diet and suggest improvements.	
Learning activities (in order to be completed): <ul style="list-style-type: none">• Fill in worksheet one by watching the videos to summarise the main food tests done to identify nutrients in food. Make sure you also colour in the sheet as well as fill in gaps. https://www.youtube.com/watch?v=sLP8dcnWnJg• Use food labels in your house to fill in the table on worksheet 2.• Keep a food diary for the day, then look at the proportions of the food groups in your diet, Is it balanced? Is there more or less of some food groups? How could it be improved?	
Resources: Worksheet1: Food tests Worksheet 2: Food table	
Key vocabulary: Carbohydrate Deficiency Diet Fats Fibre Malnutrition Obese Protein	
When work has been completed, please send to your teacher atamorris@windsorpark.staffs.sch.uk using your school email account.	