










LEVEL 1/2 VOCATIONAL AWARD: HOSPITALITY AND CATERING

UNIT 2: HOSPITALITY AND CATERING IN ACTION



YEAR 11 TERM 1 HOMEWORK BOOKLET

Name:		Group:	
--------------	--	---------------	--

WEEK	WHAT?	WHERE?	WHEN? DATE DUE
1	Nutrient Recap	 In this booklet p2-3	
2	Energy, Nutrients and Macronutrients Quizzes	 Google Classroom Kahoot via Google Classroom	
3	Diet and Good Health Seneca Assignment	 Google Classroom Seneca via Google Classroom	
4	Different Nutritional Needs	 In this booklet p4-5	
5	Micronutrients, Water and Fibre Quizzes	 Google Classroom Kahoot via Google Classroom	
6	Cooking of Food Seneca Assignment	 Google Classroom Seneca via Google Classroom	
7	Revise for end of term written assessment	 In this booklet p6-8	

WEEK 1 – NUTRIENT RECAP

1. Match each nutrient function to the correct nutrient:

Function	Which nutrient?
Repairs the body when injured	Iron
The main source of energy for the body	Iodine
Insulates the body from the cold	Protein
Helps you see in dim light	Vitamin C
Helps the body absorb calcium	Vitamin B ₁₂
Helps the body release energy from carbohydrates	Sodium
Helps prevent spinal cord defects in unborn babies	Phosphorus
Helps make healthy nerve cells	Fluoride
Helps the body absorb iron	Carbohydrate
Makes haemoglobin in red blood cells	Vitamin A
Controls the amount of water in the body	Fat
Strengthens tooth enamel	Vitamin B ₉
Makes the hormone thyroxin	Vitamin D
Makes cell membranes in the brain	Vitamin B ₁

2. Explain what a 'balanced diet' means. (1 mark)

3. Why are whole foods described as being 'nutrient dense'? (1 mark)

4. Explain, with reasons, why a person may not realise that they are consuming a lot of fat when they choose to eat biscuits, cakes, chips and pastries. (3 marks)

WEEK 4 - DIFFERENT NUTRITIONAL NEEDS

1. Which nutrients are especially important for the following:

a) Helping to prevent memory loss in old people (1 mark)

b) Helping to prevent age related eye conditions (3 marks)

c) Reaching peak bone mass in adulthood (2 marks)

d) Preventing anaemia in adolescents (2 marks)

2. For each of the following special diets, list two foods that someone should avoid eating:

a) Low fat diet (2 marks)

b) Low salt diet (2 marks)

c) Vegan diet (2 marks)

d) Lactose intolerance (2 marks)

-

--	--	--

-
- This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Level 1/2 Hospitality and Catering: Unit 2-2.1.1 - Nutrition at different life stages & special dietary needs



WEEK 7 - REVISION

Nutrition at different life-stages

Adults:

- **Early** – Growth in regard to height of the body continues to develop until 21 years of age. Therefore, all micro-nutrients and macro-nutrients especially carbohydrates, protein, fats, vitamins, calcium and iron are needed for strength, to avoid diseases and to maintain being healthy.
- **Middle** – The metabolic rate starts to slow down at this stage, and it is very easy to gain weight if the energy intake is unbalanced and there isn't enough physical activity.
- **Elderly** – The body's systems start to slow down with age and a risk of blood pressure can increase as well as decrease in appetite, vision and long-term memory. Because of this, it is essential to keep the body strong and free from disease by continuing to eat a healthy, balanced diet.

Children:

- **Babies** – All nutrients are essential and important in babies, especially protein as growth and development of the body is very quick at this stage. Vitamins and minerals are also important. You should try to limit the amount of salt and free sugars in the diet.
- **Toddlers** – All nutrients remain very important in the diet at this stage as growth remains. A variety of foods are needed for toddlers to have all the micro-nutrients and macro-nutrients the body needs to develop.
- **Teenagers** – The body grows at a fast pace at different times at this stage as the body develops from a child to an adult, therefore all nutrients are essential within proportions. Girls start their menstruation which can sometimes lead to anaemia due to not having enough iron in the body.

Special Dietary needs

Different energy requirements based on:

- Lifestyles / Occupation / Age / Activity level
- The amount of energy the body needs is determined with each of the above factors e.g. active lifestyle or physical activity level would need more energy compared to a person being sedentary.

Medical conditions:

- **Allergens** – Examples of food allergies include milk, eggs, nuts and seafood.
- **Lactose intolerance** – Unable to digest lactose which is mainly found in milk and dairy products.
- **Gluten intolerance** – Follows a gluten free diet and eats alternatives to food containing wheat, barley and rye.
- **Diabetes (Type 2)** – High level of glucose in the blood, therefore changes include reducing the amount of fat, salt and sugar in the diet.
- **Cardiovascular disorder** – Needing a balanced, healthy diet with low levels of salt, sugar and fat.
- **Iron deficiency** – Needing to eat more dark green leafy vegetables, fortified cereals and dried fruit.

Dietary requirements:

- **Religious beliefs** – Different religions have different dietary requirements.
- **Vegetarian** – Avoids eating meats and fish but does eat dairy products and protein alternatives such as quorn and tofu.
- **Vegan** – Avoids all animal foods and products but can eat all plant-based foods and protein alternatives such as tofu and tempeh.
- **Pescatarian** – Follows a vegetarian diet but does eat fish products and seafood.

Level 1/2 Hospitality and Catering: Unit 2-2.1.1 - Understanding the importance of nutrition

The importance of nutrition

Listed below are the macro-nutrients and micro-nutrients. You need to know their function in the body and know examples of food items for each. You need to know why they are needed in the diet and why there is a need for a balanced/varied diet.

Macro-nutrients

Carbohydrates - Carbohydrates are mainly used in the body for energy. There are two types of carbohydrates which are:

- **Starch** - Examples include bread, pasta, rice, potatoes and cereals.
- **Sugar** - Examples include sweets, cakes, biscuits & fizzy drinks.

Fat - This is needed to insulate the body, for energy, to protect bones and arteries from physical damage and provides fat soluble vitamins. There are two main types of fat which are:

- **Saturated fat** - Examples include butter, lard, meat and cheese.
- **Unsaturated fat** - Examples include avocados, plant oils such as sunflower oil, seeds and oily fish.

Protein - Protein is mainly used for growth and repair in the body and cell maintenance. There are two types of protein which are:

- **High biological value (HBV) protein** - Includes meat, fish, poultry, eggs, milk, cheese, yogurt, soya and quinoa.
- **Low biological value (LBV) protein** - Includes cereals, nuts, seeds and pulses.

Micro-nutrients

Vitamins

- **Fat soluble vitamin A** - Main functions include keeping the skin healthy, helps vision in weak light and helps children grow. Examples include leafy vegetables, eggs, oily fish and orange/yellow fruits.
- **Fat soluble vitamin D** - The main function of this micro-nutrient is to help the body absorb calcium during digestion. Examples include eggs, oily fish, fortified cereals and margarine.
- **Water soluble vitamin B group** - Helps absorb minerals in the body, release energy from nutrients and helps to create red blood cells. Examples include wholegrain foods, milk and eggs.
- **Water soluble vitamin C** - Helps absorb iron in the body during digestion, supports the immune system and helps support connective tissue in the body which bind cells in the body together. Examples include citrus fruits, kiwi fruit, cabbage, broccoli, potatoes and liver.

Minerals

- **Calcium** - Needed for strengthening teeth and bones. Examples include dairy products, soya and green leafy vegetables.
- **Iron** - To make haemoglobin in red blood cells to carry oxygen around the body. Examples include nuts, beans, red meat and green leafy vegetables.
- **Sodium** - Controls how much water is in the body and helps with the function of nerves and muscles. Examples include salt, processed foods and cured meats.
- **Potassium** - Helps the heart muscle to work correctly and regulates the balance of fluid in the body. Examples include bananas, broccoli, parsnips, beans, nuts and fish.
- **Magnesium** - Helps convert food into energy. Examples include wholemeal bread, nuts and spinach.
- **Dietary fibre (NSP)** - Helps digestion and prevents constipation. Examples include wholegrain foods (wholemeal pasta, bread and cereals), brown rice, lentils, beans and pulses.
- **Water** - Helps control temperature of the body, helps get rid of waste products from the body and prevents dehydration. Foods that contain water naturally include fruits and vegetables, milk and eggs.

Level 1/2 Hospitality and Catering: Unit 2-2.1.2 - How cooking methods can impact on nutritional value



Boiling

- Up to 50% of vitamin C is lost when boiling green vegetables in water.
- The vitamin B group is damaged and lost in heat.

Poaching

- The vitamin B group are damaged in heat and dissolve in water.

Roasting

- Roasting is a method of cooking in high temperatures and so this will destroy most of the group C vitamins and some of the group B vitamins.

Frying

- Using fat whilst frying increases the amount of vitamin A the body can absorb from some vegetables
- Cooking in fat will increase the calorie count of food e.g deep fat frying foods.

Stir-frying

- The small amount of fat used whilst stir-frying increases the amount of vitamin A the body can absorb from some vegetables.
- Some vitamin C and B are lost due to cooking in heat for a short amount of time.

Steaming

- Steaming is the best cooking method for keeping vitamin C in foods.
- Only up to 15% of vitamin C is lost as the foods do not come into contact with water.

Grilling

- Using this cooking method can result in losing up to 40% of group B vitamins.
- It is easy to overcook protein due to the high temperature used in grilling foods.

Baking

- Due to high temperatures in the oven, it is easy to overcook protein and damage the vitamin C and B group vitamins.