

All of this information will be needed for section 1 of your coursework !

## Macro nutrients

## Year 11 Hospitality and Catering Term 1

### Protein

- Protein provides the amino acids for the body to grow.
- Protein is used to repair body tissues after illness, injury or surgery.
- Produces enzymes for digesting foods.
- A secondary source of energy for the body.

Proteins that contain all the amino acids needed by the body are called **High Biological value HBV**.  
(All animal sources except soya)



Meat and fish



Eggs, milk and cheese

Plant proteins that contain some of the amino acids needed are called **Low Biological value LBV**  
(All plant sources)



Lentils nuts and beans.

### Carbohydrates

- Carbohydrate provides an important source of energy for the body.
- All carbohydrates are converted to **glucose** when digested and this is converted to energy. If the energy is not used up then it is stored as body fat.

Carbohydrates are usually **STARCHY** foods that provide a slow release of energy and help our blood sugar levels stay the same so we don't feel tired.

These are known as **COMPLEX CARBOHYDRATES**



Bread, pasta, rice and potato

### Fats

- Fat provides the body with essential fatty acids and energy.
- Fat provides a store of energy for the body.
- Fat also provides a layer of protection for the major organs in the body.
- Fat carries important fat soluble vitamins (A, D, E and K) and is important for their absorption.

### Saturated fat

Solid at room temperature



Butter, margarine, Lard.

### Unsaturated fat

Liquid at room temperature.



Olive oil, sunflower oil, peanut oil, sesame seed oil



Can you **EXPLAIN** the **FUNCTION** of at least 2 of the nutrients we need in the body?

Can you give an example of at least 2 different sources of food that you can find protein, carbohydrates and fat?

What is the difference between HBV and LBV protein?

# AC 1.1 Function of nutrients in the body

## Vitamins

### FAT SOLUBLE

**Vitamin A** - Main functions include keeping the skin healthy, helps vision in weak light and helps children grow. It is found in leafy vegetables, eggs, oily fish and orange/yellow fruits.

**Vitamin D**- This helps the body to absorb calcium. It is found in eggs, oily fish, fortified cereals and margarine.

### WATER SOLUBLE

**Vitamin B** - Helps absorb minerals in the body, release energy from nutrients and helps to create red blood cells. It is found in whole grain foods, milk and eggs

**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. This is found in citrus fruits, kiwi fruit, cabbage, broccoli, potatoes and liver.



Can you EXPLAIN the FUNCTION of at least 1 fat soluble and 1 water soluble vitamin.

Can you EXPLAIN the FUNCTION of at least 2 minerals.

## Minerals

**Calcium** - Needed for strengthening teeth and bones. It is found in dairy products and green leafy vegetables.

**Iron**- To make haemoglobin in red blood cells to carry oxygen around the body. It is found in 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 and processed foods.

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**Potassium**- Helps the heart muscle to work correctly and regulates the balance of fluid in the body. It is found in bananas, broccoli, bean nuts and fish.

**Magnesium**- Helps convert food into energy. Examples include wholemeal bread, nuts and spinach.

**Dietary Fibre** - Helps digestion and prevents constipation. Examples include wholegrain food, brown rice, lentils.

**Water** - Helps to control the temperature of the body, helps to get rid of waste products from the body and prevents dehydration.

This is the assignment that you will need to complete using this information.

### Assignment Tasks

#### Task 1

Unit content	Tasks	Evidence Required	Recommended Time	Controls	AOs	Marks
2.1	1.	The importance of nutrition.				<b>12</b>
2.1.1	(a)	Analyse the assignment brief and recommend <b>one</b> dish for <b>each</b> customer. Assess how the dish meets the nutritional needs of the customer.  You must show an understanding of the importance of the following: <ul style="list-style-type: none"> <li>• macro nutrients</li> <li>• micronutrients.</li> </ul>	Typed/written response in the candidate pack.	2 hours	Supervision: Indirect Guidance: Direct Resources: Not permitted Collaboration: Not permitted	AO3 [8]
2.1.2	(b)	Explain the impact of cooking methods on the nutritional value of the chosen dishes.			AO2	[4]



How does this information relate to the brief you have been given?