

Year 9

(1) I would like you too research these keywords and learn their meanings.

- Dextrinization
- Gelatinization
- Caramelization

(2) Give an example for each of the words above.



(3) Make a list all the different dietary requirements

(4) How does our food break down in the body to provide the necessary nutrients which we need in order to survive and stay healthy.?

(5) Give a definition of the term diet

(6) Explain how the eatwell guide can help us to analyse our daily diet.

