

Thank you to those of you who have emailed me work.

- What does the term food provenance mean?

Why is this important?

- Research Vitamins A, D, E and K and then learn them. I will set question based around these next time.
- What is meant by water soluble vitamins?
- How much salt is our daily allowance?
- List as many different alternative to sugar as you can think of.
- List 3 dishes which contain starchy carbohydrates.
- What would be the required dietary needs of a person with type 2 Diabetes
- How could you test for starch in flour?
- Have a look at the nutrition tests on BBC Bitesize