Teacher’s CD-ROM
Extra resources on the updated CD-ROM are highlighted at the beginning of each chapter in the textbook. These include:
- PowerPoint presentations and accompanying Question Time Answer Sheets
- Recipe demonstration videos and accompanying worksheets (New!)
- Activity packs
- Class tests
- Learning contracts (New!)

PowerPoint presentations
Full-colour PowerPoint presentations are provided, summarising every topic, including photographs and illustrations. The presentations include:
- A Question Time session at the end of each section. Some chapters are very long, so a number of Question Time sessions can be included.
- Accompanying answer sheets for all the Question Time sessions. These allow for a group quiz-type format, which encourages group work and co-operative learning.
- Weblinks are included throughout the presentations. If you have internet access, these links connect you to relevant good-quality video clips.

Classification of carbohydrates

<table>
<thead>
<tr>
<th>Sugars</th>
<th>Starches</th>
<th>Fibre-rich foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Honey, fruit, ice cream, biscuits, cake, chocolate, sweets</td>
<td>Bread, breakfast cereals, potatoes, peas, other vegetables such as carrots and broccoli</td>
<td>Brown bread, brown rice, fruits, vegetables, fibre-rich breakfast cereals</td>
</tr>
</tbody>
</table>

Advertising video link
What advertising methods are being used in the End Marmite Neglect Advert 2013?
https://www.youtube.com/watch?v=7R1TDZInq9g

Energy balance
- Energy balance, as the name suggests, is all about energy input (food) equating energy output (BMR + activity).
- BMR (basal metabolic rate) is the amount of energy needed by a person just to stay alive without any extra activity.
Recipe demonstration videos and accompanying worksheets

Video demonstrations for the key Junior Certificate recipes are available with the eBook and on your Teacher’s CD-ROM. Watch the video presentations with your class and further extend the learning with the accompanying worksheets.

You can watch the videos with the accompanying voiceover, or, if you prefer to talk your students through the recipe yourself, just turn down the sound and pause wherever you like.

Activity packs

Full-colour activity packs are provided to enrich and extend learning. The packs are more compact than in previous editions to cut down on photocopying, but students will still have ample room to write full answers.

Class tests

Class tests are included for every topic. Large chapters, such as Chapter 1: Nutrition or Chapter 10: The Food Groups, have several class tests.

As with the homework assignments, there are two types of class tests included in this edition:

- **Traditional assessment of learning tests**: The student completes the test him or herself from start to finish.
- **Assessment for learning tests**: The student corrects a test completed by another student, judging its correctness, errors and quality of answers for him or herself.

Marking schemes and fully completed class tests are included in this handbook. You can photocopy these and distribute them to students to help them assess and mark the assessment for learning class tests.
Learning contracts
A student learning contract is provided for each topic on the course. Learning contracts are a useful way of focusing students at the beginning of a new topic. They are also a useful tool later on, as they allow students to evaluate their own learning and see which areas they still need to work on.

eTest
Multiple-choice testing for each chapter available online at eTest.ie. For homework or in-class use, eTest is the perfect way to test your learning or to revise.

Click on the eTest icon in your eBook to go straight to the relevant test for that chapter.

eBook
Project the eBook in class while you learn; zoom in on diagrams, add notes and highlight relevant text.
Homework Assignment 1
Chapter 1: Introduction to Nutrition and Protein

Introduction to nutrition

1. List the three functions of food in the body.
   Produces heat and energy, growth and repair, helps us fight diseases.

2. Describe the three ways an individual could be malnourished.
   Could eat too little of certain foods. For example, not enough fruit and vegetables causes deficiency diseases, such as scurvy. Could eat too much, which causes obesity. Could have nothing to eat (starvation).

3. All foods contain one or more of the six nutrients. Name the six nutrients.
   Protein, fat, carbohydrate, minerals, vitamins, water.

4. What is the difference (differentiate) between macronutrients and micronutrients?
   Macronutrients, such as protein, require digestion, whereas micronutrients, such as vitamins, do not. Generally, macronutrients are needed in larger quantities by the body than micronutrients.

5. Name two nutrients under each of the following headings.
   Macronutrients (any two): Protein, fat, carbohydrate.
   Micronutrients: Vitamins, minerals.

6. Suggest four factors that influence a person’s food choices.
   Any four of the following:
   ● Cost: Some foods are too expensive to buy regularly, such as fillet steak.
   ● Foods that are readily available, such as potatoes in Ireland. Foods that are commonly eaten in a country are often called staple foods.
   ● Foods in season, like strawberries in summertime.
   ● Lifestyle: For example, convenience foods are now more common because of our busy lifestyles.
   ● Culture and tradition, such as pasta dishes in Italy.
   ● Religious rules: For example, strict Hindus do not eat meat.
   ● Nutritional value: Some people choose foods because they know they are good for them, such as low-fat food.

Protein

7. Using a simple diagram, describe the composition of protein.
   Protein is made up of chains of amino acids. Each amino acid is made up of the elements carbon, hydrogen, oxygen and nitrogen (CHON).

8. List four sources of both animal and vegetable protein.
   Four of each:
   Animal: Meat, fish, eggs, cheese, milk.
   Vegetable: Peas, beans, lentils, pasta, nuts, brown bread, rice, breakfast cereals.
9. Name **four** foods that are good sources of high biological value protein.
   Meat, fish, eggs, cheese, milk, meat alternatives.

10. Meat is a good source of protein. Why is protein important in the diet?
    Growth, repair of worn-out or damaged body cells, enzyme and hormone production, provides
    heat and energy.

11. What do the letters GDA stand for and mean?
    Guided daily amounts – how much you need each day of something.

12. Explain any **two** of the following: (i) amino acid (ii) high biological value protein
    (iii) textured vegetable protein or mycoprotein.
    Amino acids are what protein is made of.
    High biological value protein foods contain all of the essential amino acids.
    Textured vegetable protein or mycoprotein are meat alternatives that are high in protein and made
    from vegetable sources, such as soya beans.

13. What are the main sources of protein in your diet? List at least four.
    Chicken, steak, fish fingers, eggs and milk (or any other reasonable answer).

**Total mark** 54