

## Food Science and Nutrition

### **Micronutrients**

#### Task 1

**Micronutrients** are needed in the body in tiny amounts. They do not provide energy, but are required for a number of important processes in the body. There are two main groups of micronutrients: vitamins; minerals and trace elements.

**Vitamins** are grouped into: fat-soluble vitamins; water-soluble vitamins.

Complete detailed research, explain the differences between fat-soluble and water-soluble vitamins.

Identify each type of micronutrient, e.g. Vitamin A, Bs, C, D and K, you need to research the following:

1. How much we need?
2. Why they are needed? / what's their function?
3. How do we ensure we are providing our body with enough?

**Present your findings in these forms:**

- Mind maps, diagrams
- Bullet points
- Colour code, highlight key terms
- Full sentences

#### Task 2

**Minerals** are inorganic substances required by the body in small amounts for a variety of different functions. The body requires different amounts for each mineral. Some minerals are required in larger amounts, while others are needed in very small amounts and are called 'trace elements'.

Identify each mineral, you need to research the following:

1. How much we need?
2. Why are they needed? / what's their function?
3. How do we ensure we are providing our body with enough?

**Present your findings in these forms:**

- Mind maps, diagrams
- Bullet points
- Colour code, highlight key terms
- Full sentences

**Suggested reading and useful websites:**

British Nutrition Foundation: [www.nutrition.org.uk](http://www.nutrition.org.uk)

Eduqas Illuminate Food Preparation and Nutrition

Username: SNAIL4

Password: STUDENT4

[FoodSafety.gov](http://FoodSafety.gov)