



LEARNING JOURNEY

HEALTHY LIVING

MACRONUTRIENTS-PROTEIN, CARBOHYDRATES & FATS

This half term will focus on macronutrients. Students will learn each of the macronutrients (protein, carbohydrates & fats), These are nutrients the body requires in large amounts. Students will learn about the glycaemic index and which fats to reduce and which fats to incorporate in the diet. The practical element of the topic will include pastry making (choux) and preparing, making and selecting ingredients for a focaccia bread.

