

CTEC Health and Social Care Level 3 Single

Essential Bridging Work

If you intend to enrol on this course you must complete the following bridging work. It should take you about 4 hours . **You will need this work for your first lesson. Make sure you bring it with you.**

Topic	Unit 10: Nutrition and the Eatwell plate
Task	<p>Task 1: Describe the nutritional guidelines</p> <p>Task: Describe each nutritional food below using questions stated for each section. Please also use the resources as listed below.</p> <p>A. 5 a day (fruit and vegetables)</p> <ul style="list-style-type: none"> - Define the nutritional food? - Give examples of the food that can be consumed (eaten) and how much. - Describe why individuals need to consume this food – the health benefits. <p>B. Starchy food (potatoes, bread, rice and pasta)</p> <ul style="list-style-type: none"> - Define the nutritional food? - Give examples of the food that can be consumed (eaten) and how much. - Describe why individuals need to consume this food – the health benefits. <p>C. Milk and dairy food (milk, cheese, yoghurt and fromage frais)</p> <ul style="list-style-type: none"> - Define the nutritional food/fluid? - Give examples of the food/fluid that can be consumed (eaten/drunk) & how much. - Describe why individuals need to consume this food/fluid – the health benefits. <p>D. Protein (beans, peas, pulses, eggs, fish and meat)</p> <ul style="list-style-type: none"> - Define the nutritional food? - Give examples of the food that can be consumed (eaten) and how much. - Describe why individuals need to consume this food – the health benefits. <p>E. Fats, salt and sugar</p> <ul style="list-style-type: none"> - Define the nutritional food? - Give examples of the food that can be consumed (eaten) and how much. - Describe why individuals need to consume this food – the health benefits. <p>F. Fluids</p> <ul style="list-style-type: none"> - Define the nutritional fluid? - Give examples of fluid that can be consumed (drank) and how much. - Describe why individuals need to consume this fluid – the health benefits.
Resources	<p>Website Link to healthy: http://www.nhs.uk/Livewell/goodfood/Pages/the-eatwell-guide.aspx</p> <p>The Eatwell Guide http://www.nhs.uk/Livewell/Goodfood/Documents/The-Eatwell-Guide-2016.pdf</p>
Presentation	<p style="color: red;">Handwritten on A4 paper (at least 4 sides of A4)</p> <p>Please complete this report in your own words</p>