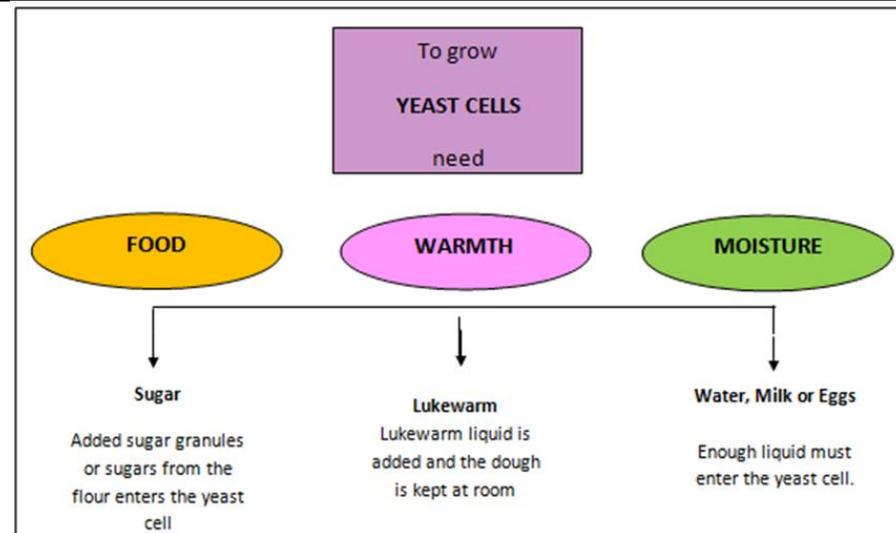


Subject/Topic: Nutritional Needs of Children	Subject/Topic: Biological raising agents
Key ideas:	Key ideas:
<p>The body grows rapidly at this life stage and a nutrient rich diet is essential.</p> <p>The nutrients particularly important are:</p> <p>Protein Vitamins A, B group, C, D, E</p> <p>Carbohydrates</p> <p>Fats Minerals – Iron and Calcium</p>	<p>Yeast is a biological raising agent.</p> <ul style="list-style-type: none"> • It is a single-celled plant fungus • Yeast is the raising agent used in bread, doughnuts and currant buns.  <p>How does yeast help doughs rise?</p> <ul style="list-style-type: none"> • The yeast uses the flour, sugar and water or milk to ferment, and to produce carbon dioxide and alcohol. • The carbon dioxide gas expands and collects as small bubbles throughout the dough. This will make the dough rise. • When the dough is baked in the oven, the yeast is killed, the alcohol escapes and the dough sets.
Keywords/Key Language:	Keywords/Key Language:
<p>Protein – 15% of our energy should come from protein. Protein is essential and helps the body grow and repair.</p> <p>Vitamins can be fat-soluble or water-soluble.</p> <p>Vitamins A, D, E and K are fat-soluble and are found in fatty foods e.g. meat, fish, animal-based products and vegetable oils.</p> <p>Vitamins B and C are water-soluble and are found in a range of foods depending on the vitamin. For Vitamin C, eat a good variety of fresh fruits and vegetables, aim to eat the colours of the rainbow.</p> <p>Carbohydrates -50% of our energy should come from this nutrient. Ideally, most of this energy should come from starchy foods and natural sugars.</p> <p>Fats should make up 35% of our energy. Most of this should come from unsaturated fats, which are generally healthier. E.g. sunflower oil, olive oil. Avocados, oily fish.</p> <p>Task 1- Nutritional Needs</p> <p>1) Plan a healthy lunch for yourself, which supplies a good range of the nutrients described above. Give reasons for choice.</p>	<p>Yeast is available to buy in two main forms: fresh and dried.</p> <ul style="list-style-type: none"> • Fast acting 'easy bake' dried yeast will keep for many months. It is usually mixed with the flour first, during the dough- making process. • Fresh yeast is a firm, moist, cream-coloured block that must be stored in a fridge. It is blended with warm water and sugar to activate the yeast. • Dried yeast (or active dried yeast) comes in small granules that are mixed with warm water and sugar to activate the yeast to grow. <p>Fermentation is the process in which yeast produces the gas carbon dioxide, and alcohol</p>

- 2) Why are vitamins and minerals important in our diet, and how can you try to make sure you get the nutrients you need?
- 3) Which are a) the fat- soluble vitamins, b) the water-soluble vitamins?



Task 2-Biological Raising Agents

1. What is fermentation?
2. Explain the conditions needed for yeast to ferment.
3. Name the gas produced during fermentation.
4. Describe what you would do if using active dried yeast.

Where should fresh yeast be stored?