



Nutrients and Dietary Fibre Task

Your task is to read through the Nutrients and Dietary Fibre Power Point for information and input that information that you have learned into a table so as you can easily refer to it in future for when you need to revise the functions, sources and deficiencies of Nutrients and Dietary Fibre.

You can complete this table online but if you do have paper and pens at home, please do make a colourful and creative table, take a picture of it (if you can) and email your teacher your work for marking and feedback.

There are two recipes here too, if you are allowed to and you have the ingredients at home, try and give them a go! Some easy home recipes are being shared on our Twitter and Instagram pages too, so check them out.

Twitter - HWB@WHEC

Instagram - whec_hwb

Your table should be set-up like the example below and you will find all the information you need in the Nutrients and Dietary Fibre Power Point, there are 16 to do, please email your teacher if you need some help. Lorna.Tugman@whec.edin.sch.uk

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Name	Function	Food Sources	Deficiencies/Diseases	Pictures
Dietary Fibre				
Protein				
Carbohydrate				
Fat				
Vitamin A				
Vitamin B1				
Vitamin B2				
Folic Acid				
Vitamin C				
Vitamin D				
Vitamin E				
Vitamin K				
Iron				

Calcium				
Sodium				
Phosphorus				