

Food

- OB1 recall that a balanced diet has six constituents: carbohydrates (including fibre), fats, proteins, vitamins, minerals and water, each with different functions
- OB2 describe a food pyramid and give examples of types of food recommended in a balanced diet
- OB3 carry out qualitative food tests for starch, reducing sugar, protein and fat
- OB4 read and interpret the energy values indicated on food product labels and compare the energy content per 100 g of a number of foods, and identify the food types on the label that form part of a balanced diet
- OB5 investigate the conversion of chemical energy in food to heat energy

