<table>
<thead>
<tr>
<th>Week 1</th>
<th>Topic</th>
<th>Activity</th>
<th>Resources</th>
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| Mon 30 March | Skills Test Prep | **1.** Adjust ingredients of BUTTERY FORK COOKIES to yield 100 cookies  
**2.** Do costing of CRUNCHIES – can be completed on template handed out  
**3.** Rewrite SHORTBREAD COOKIES in action format (TIP: look at Buttery Fork recipe) |
| **(This was handed out to all students on Friday 13 March):** |
| Tues 31 March | Understanding Macro and Micro Nutrients | In your Work book, do the following:  
**1.** Define the terms a) NUTRITION  
b) NUTRIENTS  
c) TRACE ELEMENTS  
**2.** Draw up a table that highlights 3 DIFFERENCES between Macro and Micro nutrients |
| Read pg 58 & 65  
Watch 6min youtube vid : https://www.youtube.com/watch?v=N9CUsDFLdnk |
| Wed 1 April | MACRO Protein and Carbohydrates | 1. In your Work book, draw a LANDSCAPE table with 6 columns with the following headings:  
**Nutrients**  
Classification  
Sources  
Functions  
Symptoms of deficiency  
Symptoms of excess  
2. Summarize PROTEIN and CARBOHYDRATES under those headings |
| Study pages 58 – 62 |
| Thurs 2 April | MACRO Lipids and Water | 1. Summarize LIPIDS and WATER under the same headings in table format |
| Study pages 62 – 64 |
| Fri 3 April | Let’s consolidate this week’s work on Macro Nutrients | Activity links to be forwarded as well as additional resources such as web links |
| Week 1 Consolidation Act.  
Go to Pick n Pay website to learn more about Fat and Fibre https://www.pnp.co.za/health-resources |
### Week 2

<table>
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<tr>
<th>Date</th>
<th>Topic</th>
<th>Activity</th>
<th>Resource Link</th>
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| Mon 6 April| MACRO and MICRO Minerals           | 1. Duplicate the tables in your work book, however write down a max of 3 Functions and 3 Sources where applicable  
2. Research pics of Rickets, Goitre | Study pages 65 -66  
Internet |
| Tues 7 April| Water-soluble Vitamins            | 1. Duplicate the tables in your work book, however write down a max of 3 Functions and 3 Sources where applicable  
2. Research pics of Scurvy, Beri Beri, Pellagra, Spina Bifida | Study pages 68  
Internet |
| Wed 8 April| Fat-soluble Vitamins              | 1. Duplicate the tables in your work book, however write down a max of 3 Functions and 3 Sources where applicable  
2. Research pics of Retinol excess | Study pages 69  
Internet |
| Thurs 9 April| Let’s consolidate this week’s work on Micro Nutrients | Activity links to be forwarded as well as additional resources such as web links | Week 2 Consolidation Act  
Enrichment Watch  
https://www.youtube.com/watch?v=fR3NxCR9z2U  
https://www.youtube.com/watch?v=kb146Y1igTQ |

Further work will be set if the situation is extended.

We wish you all good health over this trying time XXX