

# Food & Nutrition Year 9 Curriculum Palette

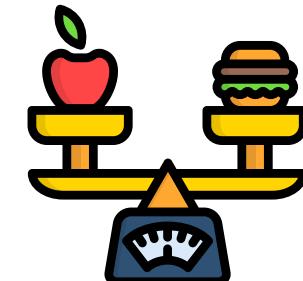
Principles Of Nutrition



Macro &  
Micro  
Nutrients

Functions  
&  
Sources

Balanced  
Diet



Year 9

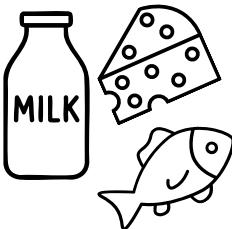
Eggs

Poultry

Fish

Meat

Commodities



Milk

Cheese

Yoghurt

Cereals

Fruit

Vegetables



Sugar &  
Alternatives

Fats  
&  
Oils

Alternative  
Proteins

