

Do Now Task



1) What is a balanced diet?

2) How many calories are required for the daily intake for?

Male: _____

Female: _____

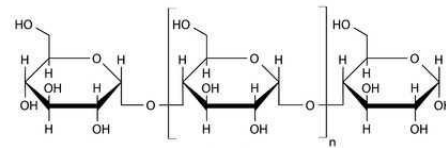
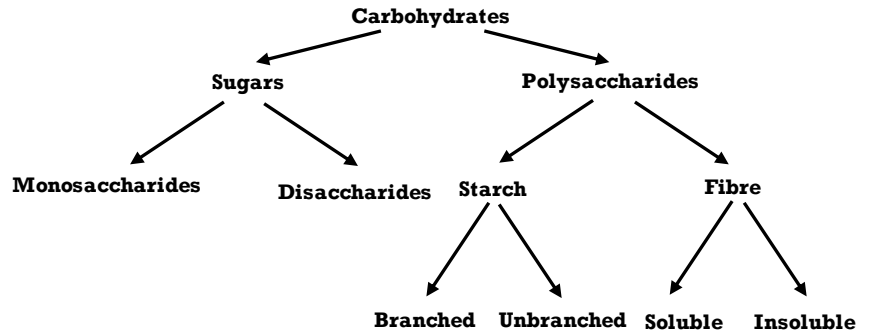
1) Name the 5 areas of the Eatwell Guide?

- _____
- _____
- _____
- _____
- _____



Functional and Chemical Properties of Food Carbohydrates

Macromolecules which include mono-, di- and polysaccharides (built of thousands of monosaccharides) bonded together



Amylose is an example of a polysaccharide built of thousands of glucose molecules.

Functional and chemical properties:

	Description of reaction?	Food/process example?
Gelatinisation		
Dextrinisation		
Caramelisation		