

# Read like a...

# Nutritionist



**Understand  
key  
vocabulary**

Key nutritional terms  
Key healthy eating concepts  
Key scientific concepts  
How can you apply these in your food choices?



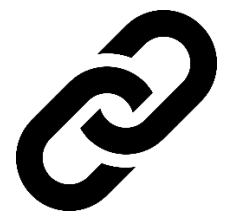
**Conduct  
research**

Different foods and where they come from.  
The nutrients these foods provide  
The function of nutrients in our body  
The function of nutrients in cooking  
How can you demonstrate your understanding of these in your work?



**Link to other  
things you  
know**

How things grow or are reared (Biology/ Geography)  
The reaction of ingredients when they are combined? (Chemistry)  
The reaction of ingredients to the way they are cooked? (Physics)  
Using data (Maths)



**Use data**

What is the data telling you?  
How can you use this data e.g. to suggest improvements to somebody's diet?

