

Plan Of Learning For The Year (Unit/Topic/Project Context)

Half Term 1 – Eatwell Guide. Students use a range of nutritional sources to understand the importance of eating the correct proportions and a variety of different foods.

Half Term 2 – Protein and Fats

The functions of protein and Fat in the body. The main sources of protein and fat in the diet. The effects of a deficiency or excess of protein/Fat in the diet.

Half Term 3 - Carbohydrate.

The functions of carbohydrate in the body, main sources of carbohydrate in the diet. Effects of a deficiency in carbohydrate and effects of excess carbohydrates in diet

Half Term 4 - Students will learn the definition of water soluble and fat soluble vitamins The functions of vitamins in the body. The main sources of vitamins in the body. The effect of excess and deficiency of vitamins in the diet The dietary reference values for the different vitamins needed every day.

Half Term 5 - Mineral in the body. The main sources of minerals in the body.

The effect of excess and deficiency of different minerals in the diet
The dietary reference values for the different minerals.

Half Term 6 - *Students will learn about the big 6 dietary related illnesses:*

- Obesity
- Cardiovascular disease
- (Coronary Heart Disease and high blood pressure).
- Bone health including rickets and osteoporosis.
- Dental Health
- Iron deficiency anaemia
- Type 2 diabetes

Feedback, Retrieval & Assessment	Super curriculum opportunities / extra-curricular activities	Cultural Capital, SMSC, Careers and Futures
<ul style="list-style-type: none"> • Presentation and class discussion • Exit tickets • Knowledge organisers • Tests • Mini project work 	<ul style="list-style-type: none"> • Futurechef National Competition • Lunchtime catchup sessions • Food Stars - open evening, afternoon tea, charity event helpers. 	<ul style="list-style-type: none"> • AQA Food Preparation and Nutrition feeds into the L3 Food Science and Nutrition Course as well as a range of wider courses. • Posters in the classroom • DVD/clips related to careers

Common misconceptions	Connecting New Knowledge	Challenge for all
<ul style="list-style-type: none"> • That the course is 'cooking' and purely a practical-based course. It's half theory and half practical! 	<ul style="list-style-type: none"> • The study of food relates to subjects across the curriculum from Science to PE to Health and Social care and Geography. 	<ul style="list-style-type: none"> • Differentiated input and output • Scaffolded/structured tasks/q's • Practical work can allow varying levels of challenge