

Core	OBJECTIVES	RESOURCES LINKS
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[prior knowledge](#) [HEALTHY EATING](#) To discuss and

Subject Knowledge and skills	
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Core	OBJECTIVES	RESOURCES
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AUTUMN TERM healthy eating -energy and nutrition	L1 understand energy balance and how the food we eat affects daily activity	Energy
healthy eating -energy and nutrition	L2 identify the difference between the two different types of nutrients: macronutrients; micronutrients.	Nutrients
healthy eating -energy and nutrition	L3 a wide range of alternative sources of starchy carbohydrates to accompany a main course dish.	Macronutrients
healthy eating -energy and nutrition	LESSON 4 a wide range of alternative sources of starchy carbohydrates to accompany a main course dish.	MACRO NUTRIENTS
healthy eating -energy and nutrition	LESSON 5 IDENTIFY MICRONUTRIENTS AND WHICH ARE FAT OR WATER SOLUABLE	Micronutrients
healthy eating -energy and nutrition	LESSON 6 & 7 IDENTIFY what and where to source dietary fibre Describe four roles of dietary fibre in the body:	Fibre
healthy eating -energy and nutrition	What are the functions of water in the body - excess and lack of.	Water

healthy eating -energy and nutrition	know understand how alcohol affects the body and how it can be used in cooking	Alcohol
nutritional needs through life	The key stages in life include: pregnancy; toddlers; childhood; adolescence; Adulthood; Older adulthood.	https://www.nationalgeographic.com/foodfeatures/evolution-of-diet/
sport nutrition		
health issues		https://www.foodafactoflife.org.uk/14-16-years/healthy-eating/health-issues/
BONE HEALTH	Define the formation and structure of bone.	Food A Fact Of Life
DIET AND CANCER		Food A Fact Of Life
CORONARY HEART DISEASE	Explain the term coronary heart disease	Food A Fact Of Life
DIET INSULIN AND BLOOD GLUCOSE	What is glucose?	Food A Fact Of Life
Nutritional needs through life	Nutritional needs through life	
	DVRs	Food A Fact Of Life
	sports nutrition	Food A Fact Of Life
	eat well guide	Food A Fact Of Life
	front of label packaging	Food A Fact Of Life
health issues	health issues	https://www.foodafactoflife.org.uk/14-16-years/healthy-eating/health-issues/

Health issues overview		
	medical conditions	https://www.npg.org.uk/learning/a-picture-of-health/timeline/
Diet and bone health	x 5 rest in year 9 but swap and recap	
Diet and cancer	know cancers and which foods should be avoided or eaten less regularly	https://www.foodafactoflife.org.uk/14-16-years/healthy-eating/health-issues/#cancer
Diet and coronary heart disease		www.foodafactoflife.org.uk/14-16-years/healthy-eating/health-issues/#CHD
Diet, insulin and blood glucose		Food A Fact Of Life
Diverticular disease and diverticulitis		Food A Fact Of Life
High blood pressure		Food A Fact Of Life
Inflammatory bowel disease		Food A Fact Of Life
Iron deficiency anaemia	looking at iron deficiency anaemia	Food A Fact Of Life
Malnutrition		
Obesity		
The development and maintenance of healthy teeth		
Food route		
	digestion FUNCTIONS	Food A Fact Of Life
	DIGESTION PROCESS	
SPRING TERM		
Equipment	ELECTRICAL EQUIPMENT AND KNIVES	Food A Fact Of Life
Ingredients	SEASONALITY PRESENTATION	Food A Fact Of Life

	POTATO FACTS	Food A Fact Of Life
	CUISINES	Food A Fact Of Life
INTERNATIONAL CUISINES	INTERNATIONAL CULTURE AND TRADITIONS	Food A Fact Of Life
FUNCTIONAL FOODS	MAKING CUSTARD	Food A Fact Of Life
MODIFIED STARCHES	CHOCOLATE MOUSSE	Food A Fact Of Life
	Meringues	Food A Fact Of Life
	Tasting commercial soup	Food A Fact Of Life
	Investigation - ingredients that thicken vegetable soup	Food A Fact Of Life
	Investigation - sugar in cake	Food A Fact Of Life
	Investigation - fats in cake	Food A Fact Of Life
	Investigation - ingredients that set	Food A Fact Of Life
	Investigation - flour in pastry	Food A Fact Of Life
	Investigation - fats in pastry	Food A Fact Of Life
	Investigation - egg proteins	Food A Fact Of Life
	Microorganisms in food production	Food A Fact Of Life
	MEAT ALTERNATIVES	Food A Fact Of Life
Practical skills	KNIFE SKILLS /SAFE CUTTING	Food A Fact Of Life
Food presentation	STYLING FOOD FOR PRESENTATION	Food A Fact Of Life
Managing time	TIME PLANS RECIPIE FLOW CHARTS	Food A Fact Of Life
Costing a recipe		
Fact sheets	PASTRY SAUCES BREAD CAKES	
Functional and chemical properties of food	Fats, carbohydrates and proteins	Food A Fact Of Life

	https://www.foodafactoflife.org.uk/14-16-years/food-science/functional-and-chemical-properties-of-food	
	Raising agents and colloidal systems	
	Heat transfer and its effects on food	
		Food A Fact Of Life
	Diversify protein sources	
MEAT ALTERNATIVES		
	Limit foods high in fat, salt or sugar	Food A Fact Of Life
	Choose sustainable fish and seafood	Food A Fact Of Life
	Waste less food	Food A Fact Of Life

Hinterland	Extra-curricular	Inter-curricular
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I explain current healthy eating guidelines in particular the 8 tips for healthy eating.

	Experiences	
Hinterland	Extra-curricular	Inter-curricular

defence budget necessitating a spending squeeze elsewhere.FOOD PRICES RISE AND FOOD BECOMES SCARES		
	SKILLS CLASSES	maths - science PE

45% of child deaths Undernutrition is associated with 45% of child deaths.		
	SKILLS CLASSES	
	SKILLS CLASSES	
	SKILLS CLASSES	
	SKILLS CLASSES	

Trial a recipe such as chilli con carne with different beans or lentils. This could be done as group work.	SKILLS CLASSES	
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Approximately 60 percent of body weight	SKILLS CLASSES	science dehydration foods
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In Europe during the Middle Ages, beer, c	SKILLS CLASSES	
Some experts say modern humans should eat from a Stone Age menu. What's on it may surprise you.	SKILLS CLASSES	
	SKILLS CLASSES	PE
	SKILLS CLASSES	
EVOLUTION MAN	SKILLS CLASSES	SCIENCE HUMAN BIO
https://www.nationalgeographic.com/foodfeatures/evolution-of-diet/	SKILLS CLASSES	
https://www.nationalgeographic.com/foodfeatures/evolution-of-diet/	SKILLS CLASSES	
https://www.nationalgeographic.com/foodfeatures/evolution-of-diet/	SKILLS CLASSES	
https://www.nationalgeographic.com/foodfeatures/evolution-of-diet/	SKILLS CLASSES	
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	SKILLS CLASSES	
What are historical factors of health? The effect that historical factors like war, economics, intellectual movements, and mass migration can have on the long-term health of populations argues for a consideration of the past itself as a determinant of health	A guide to a challenge to create a mince based dish based on nutritional needs throughout life	

A timeline of pioneers in medicine, health a	SKILLS CLASSES	NATIONAL GALLERY IMAGES Art
	SKILLS CLASSES	
5 Curable Cancers Prostate Cancer. Thyroid Cancer. Testicular Cancer. Melanoma. Breast Cancer -- Early Stage.	SKILLS CLASSES	science
https://www.ndph.ox.ac.uk/news/red-and-processed-meat-linked-to-increased-risk-of-heart-disease	SKILLS CLASSES	biology
https://www.knowdiabetes.org.uk/blog/those-bothersome-blood-sugar-spikes-after-meals/	SKILLS CLASSES	PE
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	SKILLS CLASSES	
	SKILLS CLASSES	
	SKILLS CLASSES	
	SKILLS CLASSES	SCIENCE DIGESTIVE SYSTEM
	SKILLS CLASSES	
A Very Brief History of Kitchen Utensils Ba	SKILLS CLASSES	dt TOOLS
christopher columbus - how different foods came to the UK	SKILLS CLASSES	

potato famine Ireland	SKILLS CLASSES	
	SKILLS CLASSES	
https://www.youtube.com/watch?v=gUCdohOULaA	SKILLS CLASSES	
	SKILLS CLASSES	Functional ingredients are ingredients that are specifically included in food for additional health benefits.
	SKILLS CLASSES	
https://www.bbc.com/travel/article/20200804-the-surprising-truth-about-pavlovas-origins	SKILLS CLASSES	
Food A Fact Of Life	SKILLS CLASSES	
	https://www.youtube.com/watch?v=Iz9KnPZWOGs	
https://www.youtube.com/watch?v=dhbJgDWtpMM		
	SKILLS CLASSES	
	SKILLS CLASSES	
	SKILLS CLASSES	
Paleo diet: What is it and why is it so popular? Is the Paleo diet, an eating plan modeled on prehistoric human diets, right for modern humans? TJALF SPARNAAY TJALF SPARNAAY - food artist PAINTINGS		
	SKILLS CLASSES	
	SKILLS CLASSES	
	SKILLS CLASSES	
	SKILLS CLASSES	SCIENCE FLOW CHARTS
https://www.youtube.com/watch?v=rCLVXvUIkg0		
		SCIENCE BIOLOGY

https://www.ifst.org/lovefoodlovescience/resources/cooking-food#:~:text=During%20cooking%2C%20heat%20is%20transferred,(roasting%20marshmallow%20over%20fire).		love food love science
<p>The highest scoring foods (ranked by top three) are easily available:</p> <ol style="list-style-type: none"> 1. Cow's milk 2. Eggs 3. Casein (found in milk) 4. Soy protein 5. Whey (found in milk) 		
https://www.which.co.uk/reviews/shopping-sustainably/article/how-to-buy-sustainable-fish-ajvkk3x9RzeA		
food waste apps		catering kitchen

Careers	SMSC/School values	homework
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	Values	
Careers	SMSC/School values	homework
dietician -		COMPLETE ONLINE QUIZ teams - PRINT OUT AND STICK IN YOUR BOOK .
		COMPLETE ONLINE QUIZ teams - PRINT OUT AND STICK IN YOUR BOOK .
		Produce a poster or leaflet to explain the nutritional benefits of basing meals on starchy carbohydrates.
		Research the 8 tips for healthy eating and conduct a survey asking others their opinion of the tips and how they relate to their own diet and lifestyles.
		Micronutrients - Details - Kahoot!
		Research the origins of alternative starchy carbohydrates such as couscous, quinoa, bulgur wheat, barley, tapioca or oats and identify traditional meals made with the type of carbohydrate.
		COMPLETE ONLINE QUIZ teams - PRINT OUT AND STICK IN YOUR BOOK .

https://www.healthcareers.nhs.uk/explore-roles/allied-health-professionals/roles-allied-health-professions/dietitian		nutrition quiz
https://www.willenhospice.org.uk/working-for-willenhospice/		What are the 16 cancer causing foods?
https://www.escoffier.edu/blog/culinary-arts/different-knives-and-the-best-uses-for-each/		

how british food is vied by the rest of the world.		
DIETICIAN		
		What can go wrong?
		What can go wrong?
		What can go wrong?
		What can go wrong?
		What can go wrong?
		(10) Unbelievable Tricks Photographers Use To Make Food

		watch documentary on Seaspiracy
		watch documentary on Seaspiracy
		watch documentary on Seaspiracy
		watch documentary on Seaspiracy
		watch documentary on Seaspiracy
charity workers		

Knowledge and understanding of major diet related health

risks: diabetes