







Subject: Food and Nutrition

Year: Teaching block: 8

Topic: Nutritional needs and health

Assessment week: w/b 11th February

During this topic you will develop and demonstrate the following PLTS:

Creative thinker		Team player	
Reflective learner		Effective participator	
Independent enquirer		Self-manager	

What I will learn?

Importance of meal planning

Nutritional needs at various life stages

Vegetarians and vegans

Food and religion

Energy needs, BMR and PAL

Diet analysis

Coeliac disease, lactose intolerance and high fibre diets

Key vocabulary for this topic:

Basal metabolic rate	life stages
Physical activity levels	meal planning
Vegetarians	diet analysis
Vegans	Coeliac disease
Intolerances	Allergies

Independent learning

Using the internet or product leaflets/packaging, investigate vegan foods and which animal products they are intended to replace. Complete the table given to you.

Pick at least two life stages and using the following website create a factsheet on your findings.

<https://www.nutrition.org.uk/healthyliving/lifestages.html>

Use the following websites and make notes on them.

<https://www.nhs.uk/conditions/coeliac-disease/>

What will the best students be able to do/understand by the end of the topic:

Be able to explain the basics of meal planning

Be able to explain the nutritional needs of all the different life stages.

Be able to explain the needs of vegetarians and vegans

Be able to explain the role religion plays in food choice

Be able to explain energy needs, BMR and PAL

Be able to complete and explain a nutritional and diet analysis

Be able to explain the needs of people who have coeliac disease

Be able to explain the needs of people who are lactose intolerant

Be able to explain the needs of people who need a high fibre diet.

Be able to complete various practicals