

# High Tunstall College of Science Curriculum Intent

Subject: Food & Nutrition      Year: 10      Half term: Spring 1.3



## Topic: Diet, health and nutrition.

	Food and Nutrition	Progress		
Topic	Key ideas	R	A	G
Food commodities	I can <b>explain</b> the difference between diet, health and nutrition			
	I can <b>explain</b> the recommendations the Eatwell Guide provide us for a healthy diet			
	I can <b>demonstrate</b> the ability to plan a meal for a variety of different age ranges and <b>explain</b> why I have chosen the foods with reference to specific nutrients and reasons			
	I can <b>explain</b> what causes cardiovascular disease, rickets, osteoporosis and dental caries. I can <b>suggest</b> ways someone could prevent/reduce the risk of developing			
	I can <b>explain</b> what anaemia is and how this can be caused. I can explain why women more commonly suffer with iron deficiencies			
	I can <b>describe</b> what diabetes is and the difference between Type 1 and 2. Only need to focus on Type 2			

Lesson	Learning Focus	Assessment	Key Words
1	What is the difference between diet, health and nutrition?	Questioning, green pen. ILO: 3 tasks available to complete	Diet, health, nutrition, nutrients, lifestyle, food
2	How much of your daily food intake should be starchy carbohydrates, fruit and vegetables, protein, calcium, unsaturated fats?	Formative questioning and green pen improvements	Carbohydrates, vitamins and minerals, protein, protein alternatives, calcium, dairy alternatives, unsaturated fats, saturated fats
3	Which nutrients are essential for each age group and what foods would provide this for them?	Classwork assessment, ILO, questioning	Toddler, child, teenager, early/middle adult, late adult/elderly, meal plan, nutrients, reasons, health related
4	What is CVD, rickets, osteoporosis and dental caries? How is it caused? How can it be prevented?	Formative questioning and green pen. ILO	Cardiovascular disease, osteoporosis, rickets, dental caries, skeletal problems, bones, teeth
5	What is anaemia? How can it be caused? How can it be rectified? Why do women commonly suffer with iron deficiencies?	Classwork assessment, questioning	Anaemia, anaemic, iron deficiency, red blood cells, carry oxygen, pregnancy, menstrual cycle
6	What is the difference between Type 1 and <b>Type 2</b> diabetes?  What are the causes and health problems?	Classwork assessment, questioning.  End of unit assessment	Diabetes, insulin, hormone, glucose, pancreas, blood glucose level, causes, overweight, excessive sugar, poor eyesight, limb numbness, kidney failure, CVD, tired, thirsty