

High Tunstall College of Science Curriculum Intent

Subject: Food & Nutrition Year: 11 Half term: Autumn 1.2



	Food and Nutrition	Progress		
Topic	Key ideas— IDENTIFIED AREAS FROM YEAR 11 CHECK LIST. CLOSING THE GAP	R	A	G
Food commodities	Understand the macro and micronutrients required for a healthy, balanced diet.			
	Carbohydrates - understanding about the complex and simple carbohydrates and how the molecules are made up (mono and polysaccharides)			
	Protein—understand the function, essential amino acids, HBV and LBV choices and a range of protein alternatives			
	Fats - understand the function, which vitamins are fat soluble, which food sources have essential fatty acids, cholesterol cause, treatment and prevention			
	Practical - demonstrate how to marinade a protein source and the benefits of leaving overnight. Demonstrate how to make a curry product using a blend of spices			
	Vitamins and minerals - explain the micro and macro nutrients, which are water and fat soluble, issues with excess and deficiencies			
	Fibre/NSP - understand and explain how NSP helps digestion and which foods are high			
	Understand what Basic Metabolism Rate (BMR) and factors that affect			
	Understand what Physical Activity Level (PAL) means			
	Calculate the nutritional analysis of food using the energy value			

Lesson	Learning Focus	Assessment	Key Words
1	Can I explain which foods supply the body with carbohydrates—starch and sugar? Can I explain the difference between a polysaccharide and a monosaccharide? What are glucose molecules? How do carbohydrates enter the blood stream? What is a glycaemic index?	Formative questioning, live marking, green pen improvements, Q&A.	Complex, simple, starch, sugar, polysaccharides, monosaccharides, glucose molecules, energy, glycaemic index.
2	Can I explain why protein foods are essential for a healthy diet? Can I explain the difference between High biological and low biological proteins? Can I suggest protein alternatives?	Formative questioning, live marking, green pen improvements, Q&A.	Growth, repair, maintenance, essential amino acids, HBV, LBV, alternative, soya, TVP, mycoprotein, tofu, deficiency
3	Can I explain the difference between unsaturated and saturated fats? Can I explain about lipids, fat soluble vitamins and essential fatty acids? How do we prevent high cholesterol? How do we lower cholesterol through our diet?	Formative questioning, live marking, green pen improvements, Q&A.	Unsaturated fats, oils, lipids, fat-soluble vitamins, essential fatty acids, omega-3, omega 6-fatty acids, insulation, cholesterol.
4	Can I marinade a protein and explain the benefits of doing this? Can I independently slice, soften, fry, simmer, and reduce a curry product? What is the origin of curry?	Practical - assessment through practical, observation, teacher questioning.	Curry, India, protein, marinade, slice, soften, fry, simmer, reduce,
5	Can I explain a range of vitamin and minerals i.e vitamin A, B minerals—niacin, folic acid, thiamine, riboflavin, C ascorbic acid, D, potassium, magnesium, calcium, iron. Trace elements - Iodine and fluoride.	Formative questioning, live marking, green pen improvements, Q&A.	Micro nutrient, fat soluble, water soluble, excess, deficiency, supplements, trace elements,
6	Can I explain the function of NSP/Fibre? Why is it so important? Which foods you should eat?	Formative questioning, live marking, green pen improvements, Q&A.	Non-starch polysaccharide, fibre, roughage, not digested
7	Can I recall information and answer questions in an exam format?	Final summative assessment of the year	Assessment, recall, revision