

Percentage	I can ...	Prove it!
	<p>I can evaluate, consider and justify.</p> <ul style="list-style-type: none"> • Arguments that support the statement. Why is it correct? • Arguments against the statement? Why is it incorrect? • Suggest a minimum of two for each. • Overall do you agree or disagree with the statement and why? Use evidence to back up your points. 	<ol style="list-style-type: none"> 1) Compare and evaluate 2 diets, e.g. vegan, vegetarian, low calorie. Consider which is better and justify your opinion. 2) Design a week meal plan in line with the 8 guidelines for a healthy lifestyle. Justify your choices. 3) Evaluate the suitability of 2 soups for someone suffering with Coronary Heart Disease. 1 soup is Potato, Leek, Bacon and Cream Soup; the other is Pea, Leek and Potato Soup.
	<p>I can create.</p>	<ol style="list-style-type: none"> 1) Describe a lunch that would be suitable for a teenager. Analyse the health benefits and give reasons for your selections. 2) Design 1 lunch for each of the following diet-related health issues: Obesity; Coronary Heart and Cardiovascular Disease; Stroke; Arthritis; Cancer; Rickets; Osteoporosis; Tooth Decay; Iron Deficiency Anaemia; Type 2 Diabetes



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 <p>60%</p>	<p>I can analyse and examine.</p> <ul style="list-style-type: none"> <i>I believe.....because..... This means that..... As a result.....</i> <i>One reason why is..... This means that..... As a result.....</i> <i>One way is.....because..... This means that..... As a result.....</i> 	<ol style="list-style-type: none"> 1) Examine the nutritional content of fishcakes and explain why they would be suitable for adolescents. 2) Why would a soup containing bacon and cream be bad for someone who is obese? Suggest alternatives. 3) Examine the lifestyle of an elderly person, what food considerations would you need to take into account? 4) Why would having grilled chicken be better than having fried chicken? 5) Analyse the health benefits of a roast dinner: it would have roast chicken, roast potatoes, cauliflower cheese, carrots and broccoli.
 <p>48%</p>	<p>I can suggest and apply</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> <i>Fried Chicken with Chips is an unhealthy meal. There are many ways you can prepare this food more healthily. Firstly...For example...Specifically... Secondly...For example...Specifically...</i> 	<ol style="list-style-type: none"> 1) Suggest modifications to fried chicken and chips to make it more healthy. 2) Describe a lunch for an adolescent ensuring that it meets their nutritional needs. 3) Suggest 3 ways to improve a high fat/sugar diet. 4) Describe a dinner for an elderly person applying knowledge of their dietary/nutritional needs.



Percentage	I can ...	Prove it!
	<p>I can comment, discuss, summarise, compare, contrast, explain, illustrate and outline</p> <p><i>Explain how...</i></p> <p><i>Compare 2...</i></p> <p><i>Outline the risks...</i></p> <p><i>Comment on...</i></p>	<ol style="list-style-type: none"> 1) Discuss some of the reasons that someone might be a vegetarian or a vegan. 2) Summarise the nutritional needs for the following groups of people: Babies/Toddlers; Adolescents; Elderly 3) Compare the lifestyle of a young person to an elderly person. 4) Explain the following diet-related health issues: Obesity; Coronary Heart and Cardiovascular Disease; Stroke; Arthritis; Cancer; Rickets; Osteoporosis; Tooth Decay; Iron Deficiency Anaemia; Type 2 Diabetes
	<p>I can define, describe, identify and state</p> <p><i>The definition of.....is.....</i></p> <p><i>Two ways that.....</i></p>	<ol style="list-style-type: none"> 1) Identify 5 healthy options for a weekly meal plan. 2) Describe the lifestyle of the following groups: Babies and Toddlers; Adolescents; Elderly. 3) Define the following terms: Coeliac disease Vegan Vegetarian Lactose intole



Key Words:

Nutrients

Carbohydrates

Protein

Vitamins

Minerals

Life Stages

Nutritional Needs

