

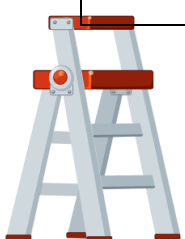


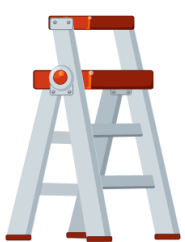




Percentage	I can ...	Prove it!
	<p>I can evaluate, consider and justify.</p> <ul style="list-style-type: none"> <li>• Arguments that support the statement. Why is it correct?</li> <li>• Arguments against the statement? Why is it incorrect?</li> <li>• Suggest a minimum of two for each.</li> <li>• Overall do you agree or disagree with the statement and why? Use evidence to back up your points.</li> </ul>	<ol style="list-style-type: none"> <li>1) Compare and evaluate 2 diets, e.g. vegan, vegetarian, low calorie. Consider which is better and justify your opinion.</li> <li>2) Design a week meal plan in line with the 8 guidelines for a healthy lifestyle. Justify your choices.</li> <li>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.</li> </ol>
	<p>I can create.</p>	<ol style="list-style-type: none"> <li>1) Describe a lunch that would be suitable for a teenager. Analyse the health benefits and give reasons for your selections.</li> <li>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</li> </ol>



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



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"> <li>1) Discuss some of the reasons that someone might be a vegetarian or a vegan.</li> <li>2) Summarise the nutritional needs for the following groups of people: Babies/Toddlers; Adolescents; Elderly</li> <li>3) Compare the lifestyle of a young person to an elderly person.</li> <li>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</li> </ol>
	<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"> <li>1) Identify 5 healthy options for a weekly meal plan.</li> <li>2) Describe the lifestyle of the following groups: Babies and Toddlers; Adolescents; Elderly.</li> <li>3) Define the following terms: Coeliac disease Vegan Vegetarian Lactose intole</li> </ol>



**Key Words:**

Nutrients

Carbohydrates

Protein

Vitamins

Minerals

Life Stages

Nutritional Needs

