Percentage	I can …	Prove it!
	**I can create meal plans that meet current government guidelines**	Draw 7 plates of food for a week's worth of lunches. Each plate of food must be balanced. For each plate of food, you need to analyse and justify your selections. You need to analyse the full health benefits of each ingredient including its full nutritional benefit. Each plate of food should demonstrate a number of skills, techniques, cooking methods and a variety of equipment.
	**I can create meals that meet government guidelines on healthy eating.**	1) Design 5 balanced plates of food and justify your selections by labelling your justifications. 2) Create 5 plates of food that are high in the following vitamins and minerals: - Fat soluble vitamins - Water soluble vitamins - Minerals 3) Design a plate of food for each of the following groups of people and justify your selections under each plate - Babies - Toddlers - School aged children - Adults - Older people - Pregnant women - Lactating women

Percentage	I can …	Prove it!
60%	**I can analyse the effects of deficiency of nutrients on the body** **I can modify meals to meet Government guidelines on healthy eating** **I can modify meals and compare the dietary needs of different groups of people**	1) Analyse how someone with a deficiency in the following nutrients would react: - Protein - Fats - Carbohydrates - Vitamins - Minerals - Water 2) Select 3 lunches you had last week and suggest modifications to each plate of food to make it healthier. 3) Based on 1 of the lunches from task 2, how would you make that plate of food suitable for the following groups of people: - Babies - Toddlers - School aged children - Adults - Older people - Pregnant women - Lactating women 4) Compare the meal plans of 2 groups of people. Explain what they would need to eat and why they are different.
48%	**I can choose ingredients based on government guidelines for healthy eating** **I can explain different functions of nutrients** **I can explain different dietary needs** **I can explain diet-related health issues**	1) Choose foods to make 3 balanced plates of food that would meet government guidelines on healthy eating in line with the proportions of the Eatwell Plate. 2) A meal consists of grilled turkey, baked potato, carrots and broccoli. Explain in full detail how it is balanced and meets government guidelines on healthy eating. 3) Identify the needs of the following groups of people: - Vegetarian - Lacto-ovo vegetarian - Ovo vegetarian - Lacto vegetarian - Vegan - Overweight/obese - Diabetes - Coronary Heart Disease (CHD) - High blood pressure 4) Explain why people would suffer from the following diet-related health issues: - Obesity - Cardiovascular - Diabetes - Diverticulitis - Osteoporosis - Dental health - Anaemia

Percentage	I can …	Prove it!
36%	**I can recall the major commodity groups as listed on the Eatwell Plate** **I can state the main factors that influence an individual's energy requirements** **I can list types of protein, fats, carbohydrates, vitamins and minerals** **I can recall the names of diet-related health issues** **I can recall Government guidelines for healthy eating** **I can list different dietary needs of people.**	1) What are the 5 major commodity groups of the Eatwell Plate? 2) List 5 foods for each commodity group of the Eatwell Plate 3) State 5 factors that influence an individual's energy requirements 4) List 5 sources of protein 5) State the 3 types of fats 6) What are the 2 main types of carbohydrates? 7) List 5 vitamins 8) List 5 minerals 9) Name 5 diet-related health issues 10) What are the 8 tips for a healthy lifestyle? 11) List as many dietary needs as you can

Key Words:

Fat soluble vitamins

Vitamin A (retinol and carotene)

Vitamin D

Vitamin E

Vitamin K

Water soluble vitamins

B1 (Thiamine)

B2 (Riboflavin)

B3 (Niacin)

B6 (Pyridoxine)

B9 (Folate/Folic acid)

B12 (Cobalamin)

Vitamin C (Ascorbic acid)

Minerals

Calcium

Iron

Sodium

Fluoride

Iodine

Phosphorus

Key Words:

Obesity

Coronary Heart Disease (CHD)

Cardiovascular

Diabetes

Diverticulitis

Osteoporosis

Anaemia

Lactose/Lacto

Ovo

Dietary Reference Values

Intolerance

Coeliac

Nutrients

Basal Metabolic Rate (BMR)

Physical Activity Level (PAL)

Calories

High/Low Biological Value

Deficiency

Saturated/Unsaturated/Polyunsaturated

Visible/Invisible Fat

Monosaccharides/Disaccharides

Starch