

Subject	Year	
Level 3 Food science and Nutrition	12	Term 5 AND 6
<b>Project</b>		
<b>Unit 1 - Meeting Nutritional Needs of Specific Groups – revision and examination preparation</b>		
<b>Content (Intent)</b>		
<p><b>Prior Learning:</b> GCSE Food Preparation and Nutrition</p>		
<p><b>Future Learning:</b> Continuation from Certificate to Diploma level in Y13 - Possibility of higher education and studies in food related subjects</p>		
<b>How will knowledge and skills be taught (Implementation)</b>		
<p><b>Learners will:</b></p> <p>The purpose of this unit is for learners to REVISE and continue to develop an understanding of the nutritional needs of specific target groups and plan and cook complex dishes to meet their nutritional needs.</p> <p><b>Learners need to know and understand:</b></p> <ul style="list-style-type: none"> <li>• understand the importance of food safety</li> <li>• understand properties of nutrients</li> <li>• understand the relationship between nutrients and the human body</li> <li>• be able to plan nutritional requirements</li> <li>• be able to plan production of complex dishes</li> <li>• be able to cook complex dishes</li> </ul> <p><b>Revision programme</b></p> <ul style="list-style-type: none"> <li>• AC 1.4 Analyse risks associated with food safety Causes of food contamination/hygienic food prep, high risk foods</li> <li>• Case study – types/styles, range of info</li> <li>• Calculating BMI</li> <li>• AC 1.4 Analyse risks associated with food safety</li> <li>• Food allergies, intolerance</li> <li>• Current dietary recommendations</li> <li>• Case study question - Case study feedback</li> <li>• AC2.1 AC 2.2 structure of nutrients protein, biological value,</li> <li>• AC3.1 Functions of nutrients in growth and development.</li> <li>• AC2.1 AC 2.2 structure of nutrients protein, biological value,</li> <li>• AC1.1,1.2,1.3 Food safety in practice legislation, systems of compliance, HACCP, responsibilities of food handlers.</li> <li>• AC 3.3 Nutritional needs of different groups – food environments, life stages</li> <li>• AC2.1 AC 2.2 structure of nutrients carbs , glycaemic index diabetes, digestive disorders, diabetes dental disease,</li> <li>• AC3.1 Functions of nutrients in. Energy production</li> <li>• Topic tests linked to above</li> <li>• AC2.1 AC 2.2 structure of nutrients- fats nutrient density, obesity, cardiovascular diseases cancer,</li> <li>• AC3.1 Functions of nutrients in. Energy production</li> <li>• AC2.1 AC 2.2 structure of nutrients vitamins and minerals,</li> <li>• AC3.1 Functions of nutrients in regulating metabolism,</li> <li>• AC 3.3 Nutritional needs of different groups – sports nutrition, medical conditions, culture</li> <li>• AC4.1 – analyse fitness for purpose -Eating patterns, sustainable diets, food poverty</li> <li>• AC4.1 – analyse fitness for purpose</li> <li>• Eating patterns, sustainable diets, food poverty -Food production methods and their effects on nutrients</li> <li>• AC 2.3</li> <li>• AC3.2 Unsatisfactory nutritional intake –</li> <li>• Food production methods and their effects on nutrients</li> <li>• Topic tests on above</li> <li>• Unseen case study</li> <li>• Unseen case study</li> <li>• EXAM PAPERS AND CASE STUDIES – questions and revision</li> </ul>		
<b>How will your understanding be assessed &amp; recorded (Impact)</b>		
<p><b>Assessment</b></p> <p>Work will be assessed in a variety of ways</p> <p>Teacher assessment – books will be checked and marked on a regular basis</p> <p>Written and verbal feedback will be given</p> <p>Practical work – verbal feedback given</p> <p>Homework will be assessed in line with dept policy</p> <p>These will be used to build up a clear picture of student effort and progress which will be communicated to parents in interim reports, main school reports and during parents' evenings.</p> <p><b>Main areas of assessment:</b></p> <p>Unit 1 –External examination</p>		
<b>How can parents help at home?</b>		
<p>Students will complete their work in school for the assessment. It would be great if you could talk to your child about their work and ensure tasks are completed to the best of their ability. In addition, it would be good if you could look at the vast resources on our Food and Nutrition VLE pages – especially on the Unit 1 tab – where you will find lots of information and guidance to help complete this task.</p>		

## Helpful further reading/discussion (including Reading and Vocabulary Lists)

### Reading

The department will issue a textbook and has an extensive range of books to support your learning – which pupils may borrow at any time  
Others include

Bender, D. (2002). *An Introduction to Nutrition and Metabolism* (3rd Ed). Oxford, UK: Taylor and Francis Ltd  
Campbell J (et al) (2011) *Practical Cookery Level 3* Hodder Education  
Cesarani V (2002) *Advanced Practical Cookery: A Textbook for Education and Industry* Hodder Education  
Food Standards Agency. (2008). *Manual of Nutrition* (11th Ed). London, UK: Stationary Office  
Jeukendrup, A. and Gleeson, M. (2004). *Sport Nutrition: An Introduction to Energy Production and Performance*. Leeds, UK: Human Kinetics

### Vocabulary

Key words and specification criteria

<https://www.wjec.co.uk/umbraco/surface/blob/storage/download?nodeId=5445>

### Careers Links

Find out about all aspects of food careers  
<https://tastycareers.org.uk>

<https://www.foodafactoflife.org.uk/whole-school/careers-in-food/>

### Websites

[www.foodsafety.gov](http://www.foodsafety.gov)  
<http://homefoodsafety.org/app>  
BBC Health: [www.bbc.co.uk/health/healthyliving](http://www.bbc.co.uk/health/healthyliving)  
British Nutrition Foundation: [www.nutrition.org.uk](http://www.nutrition.org.uk)  
CORE: <http://www.corecharity.org.uk/>  
Department for Health: [www.dh.gov.uk](http://www.dh.gov.uk)  
<http://www.dynamic-learning.co.uk/Product.aspx?productID=164>  
[www.excellencegateway.org.uk/askbutler.examples.id295](http://www.excellencegateway.org.uk/askbutler.examples.id295)  
Food and Drink Federation: [www.fdf.org.uk](http://www.fdf.org.uk)  
Food Standards Agency: [www.food.gov.uk/aboutus/publications/industrypublications/](http://www.food.gov.uk/aboutus/publications/industrypublications/)  
Food Vision: [www.foodvision.gov.uk](http://www.foodvision.gov.uk)  
Health Development Agency: [www.nice.org.uk](http://www.nice.org.uk)  
<http://www.hoddereducation.co.uk/Colleges/Hospitality---Catering/Practical-Cookery-seriespage/Practical-Cookery-Level-3-supporting-resources.aspx>  
NHS: <http://www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx>  
National Obesity Forum: <http://www.nationalobesityforum.org.uk/>  
Physical Activity and Nutrition Wales: [www.physicalactivityandnutritionwales.org.uk](http://www.physicalactivityandnutritionwales.org.uk)  
The British Dietetic Association: [www.bda.uk.com](http://www.bda.uk.com)  
Vegetarian Society: [www.veg.soc.org.uk](http://www.veg.soc.org.uk)