

Subject	Year	Term
Health and social care	13	(Y12 - 6) 1-2
Topic		
Unit 10 (NUTRITION FOR HEALTH)		
Content (Intent)		
Prior Learning (Topic)		
<p>During the delivery of Unit 10, learners will benefit from prior learning from previous Unit delivered in Year 12 and 13. There are also curriculum links to the KS4 course (new spec). Details below:</p>		
<p>LO1 (Know nutritional and diet guidelines) – this LO will build on learning from Unit 3 (Health, safety and security in health and social care – LO2) and Unit 4 (anatomy and physiology – LO3), KS4 – Unit RO32 (Principles of care in health and social care settings) Topic Area (TA) 2, RO33 (Supporting individuals through life stages) TA 2&3, RO35 (Health promotion campaigns) TA 1-4.</p>		
<p>LO3 (Understand factors which influence nutritional health) – this LO will build on learning from Unit 2 (equality, diversity and rights in health and social care – LO1) and Unit 4 (Anatomy and physiology – LO3), KS4 - RO33 TA1-3, RO35 TA2-3</p>		
<p>LO4 (Be able to make recommendations to improve nutritional health) – this LO will build on learning from Unit 1 (Building positive relationships in health and social care). KS4 – RO33 TA 3, RO35 TA 3-4</p>		
Future Learning (Topic)		
<p>LO3 (Understand factors which influence nutritional health) – this LO will link to future learning in Unit 17 (Supporting people with mental health conditions – LO1).</p>		
How will knowledge and skills be taught? (Implementation)	How will your understanding be assessed & recorded (Impact)	
<p>This topic will involve a large array of pedagogy and include, but not limited to:</p> <ul style="list-style-type: none"> • Teacher led lesson content • Group and independent quizzes/activities • Independent research • Seminar style discussions 	<ul style="list-style-type: none"> • Practice assessment style work • Coursework assessment • Verbal responses. • Individual and class feedback 	
How can parents help at home?		
<p>Parents can help at home by supporting their child to meet their deadlines and ensure all work is completed to a high standard. They could also help by questioning their child about pertinent issues relevant to health and social care in the news and encouraging them to use subject specific vocabulary.</p>		
Helpful further reading/discussion		
<p>Reading</p> <ol style="list-style-type: none"> 1. NHS website 2. Change4life website 3. Cambridge Technicals Level 3 – Health and Social care. Peteiro, F. et al (2016) 	<p>Vocabulary Lists</p> <p>Some examples of relevant terminology follow:</p> <p>BMI Macro nutrients Carbohydrates</p>	<p>Careers Links</p> <p>This unit would have links to a huge variety of careers linked to health and social care. For example:</p> <ul style="list-style-type: none"> • Nursing • Medicine

4. Cambridge Technicals level 3 Health and Social Care. Adams, J. (2018)	Polypeptides Lipids Kilocalories Kilojoules Hypertension Dehydration Hyperhydration Superhydration Lactose intolerance	<ul style="list-style-type: none">• Teaching• Childcare• Midwifery• Paramedics• Social work• Management within an organisation like the NHS
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