

Teaching and Learning Content: Food
Year Group: 7
Half Term 4



What is the importance of good nutrition and a healthy lifestyle?

Home Learning:

Students are expected to complete a homework research project over the half term linking to their classwork

Key Questions:

- What are different dietary needs?
- What is a gluten-free diet?
- What is a vegetarian diet?
- What is a vegan diet?
- What are the two main things that affect an individual's dietary needs?
- Why do we need fat, protein, carbohydrate, calcium, iron, and vitamins in our diet?
- Why is it important to make informed choices about the food that we eat?
- What are the functions of different nutrients in the body?
- How does oxygen affect food?

Diagnosis

- Retrieval activities
- Mini whiteboard activities

Therapy

- Teacher Demonstration
- DIRT tasks
- Peer to peer support
- Whole class feedback

Students will:

- Be able to discuss different dietary needs diets
- Be able to understand why we need to eat different foods
- Be able to understand the functions of different nutrients.
- Be able to make a variety of different foods such as fruity muffins, potato salad, vegetable pasta, mini pizzas, bolognese, apple pie

Testing

- Students will be tested on the practical skills
- Students will complete a written assessment.

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