

3.2 Food, nutrition and health: 3.2.1 Macronutrients

H1 I can outline the types and main sources of protein, including protein alternatives and proteins with high and low biological value			
H2 I can demonstrate an understanding of protein complementation			
H3 I can describe the functions of protein and the effects of deficiency and excess			
H4 I can identify dietary reference values related to protein			
H5 I can modify recipes for a vegetarian diet			
H6 I can outline the types of fats, including saturated and unsaturated fats			
H7 I can identify the main sources of fats			
H8 I can describe the functions of fats and the effects of deficiency and excess			
H9 I can identify dietary reference values related to fats			
H10 I can modify a recipe to reduce total fat, adapting cooking methods accordingly			
H11 I can outline the types and main sources of carbohydrates, including starch, sugars and dietary fibre			
H12 I can describe the functions of carbohydrates and the effects of deficiency and excess			
H13 I can identify dietary reference values related to carbohydrates			
H14 I can modify a recipe to increase fibre			

3.2 Food, nutrition and health: 3.2.2 Micronutrients

H15 I can outline the types and main sources of fat soluble vitamins			
H16 I can explain the functions of fat soluble vitamins and describe the effects of deficiency and excess			
H17 I can outline the types and main sources of water soluble vitamins			
H18 I can explain the functions of water soluble vitamins and describe the effects of deficiency and excess			
H19 I can identify dietary reference values related to vitamins			
H20 I can demonstrate an understanding of how preparation and cooking affects the nutritional properties of food			
H21 I can describe the antioxidant functions of vitamins A, C and E, and their role in protecting body cells from damage			
H22 I can outline the types and main sources of nutritionally significant minerals (calcium, iron, sodium (salt), fluoride, iodine, phosphorus)			

H23 I can explain the nutritional functions of certain minerals and describe the effects of deficiency and excess			
H24 I can identify dietary reference values related to minerals			
H25 I can reduce or replace the salt in recipes			
H26 I can explain how much water/fluid is needed each day, and identify occasions when extra fluids are needed			
H27 I can describe the role of water in digestion, waste removal and cooling and outline how water is lost from the body			

3.2 Food, nutrition and health: 3.2.3 Nutritional needs and health

H28 I can outline the current guidelines for a healthy diet, such as the 'eatwell plate'			
H29 I can demonstrate knowledge of how to maintain a healthy body weight throughout life			
H30 I can plan, prepare, cook, modify and create recipes to meet the requirements of different dietary groups and life stages			
H31 I can make decisions about ingredients, processes, cooking methods and portion sizes based on nutritional needs			
H32 I can define the terms BMR (basal metabolic rate) and PAL (physical activity level) and describe their importance in determining energy requirements			
H33 I can describe factors that affect the BMR, and their importance in achieving energy balance			
H34 I can outline the recommended percentage of energy intake provided by protein (15%), fat (35% or less) and carbohydrates (50%)			
H35 I can adjust portion sizes according to life stage/PAL level			
H36 I can use current nutritional information and data to plan and modify recipes, meals and diets, including food tables and nutritional analysis software			
H37 I can calculate energy and nutritional values while planning a dish			
H38 I can explain the relationship between diet, nutrition and health			
H39 I can describe the major diet-related health risks			
H40 I can explain how nutritional needs change in relation to health conditions, including obesity, cardiovascular health (coronary heart disease (CHD) and high blood pressure), bone health (rickets and osteoporosis), dental health, iron deficiency anaemia, and Type 2 diabetes			
H41 I can select and adjust cooking processes, taking into account dietary group			

Date:

Student Reflection:

Teacher Comment: