



Excellence & Opportunity

# Year 9 to KS4 Transition Support

## FOOD PREPARATION AND NUTRITION



### TEACHING CONTENT SECTION 1 Diet and good Health and Practical planning and skill practice.

In preparation for the start of your course in September, you will need to ...

#### Task 1/Week 1: 1. Diet and good Health Introduction

Complete the following task Power Point link here

[Week 1 Diet and Good Health](#)

Read through PowerPoint Make notes on the reasons we need energy slide 4

Complete the task slide 9

Quick quiz slide 12

Complete some quick BMI calculations slide 30

Kahoot Quiz – let me know your score

#### Task 2/Week 2: Complimentary Nutrients

Power point Link here – [Week 2 Complimentary Nutrients](#)

Plan a meal for a vegan Use <https://www.bbcgoodfood.com/recipes/collection/vegan>

[https://www.cauldronfoods.co.uk/blog/our-top-6-vegan-junk-food-recipes?gclid=Cj0KCQjwn7j2BRDrARIsAHJkxmz1umsjrnvD\\_e0FCwt-N7UDrFUyEyNKumHjzIon4bmMK0SH6L5JMawaAgu-EALw\\_wcB](https://www.cauldronfoods.co.uk/blog/our-top-6-vegan-junk-food-recipes?gclid=Cj0KCQjwn7j2BRDrARIsAHJkxmz1umsjrnvD_e0FCwt-N7UDrFUyEyNKumHjzIon4bmMK0SH6L5JMawaAgu-EALw_wcB)

2 exam questions = email me the answers TOTAL 3 MARKS

JUST FOR FUN Picture showing energy equation – the funnier the better please

#### Task 3/Week 3 Nutritional needs throughout life – Life stages

Complete the following tasks Power Point link here- [Week 3 Nutritional needs throughout life](#)

Starter How many out of the 7 did you remember from last lesson?

Create a mind map for the 7 stages of – from the information on the pages of the PowerPoint.

You can add pictures from papers or magazines if you have them or just a really colourful mind map of your summary of information – This is always on the exam in one form or another but as you have been through these stages and live with people in the stages above you have great application of knowledge.

#### Task 4/Week 4 Specific Dietary needs through life stage- religion medical

This week it about being a dietician!

Complete the following tasks Power Point link here - [Week 4 Specific Dietary needs through life stages](#)

Task 1 Answer 3 questions

Task 2 Choose which task you want to complete exam question big marker or define key words



Excellence & Opportunity

# Year 9 to KS4 Transition Support

## FOOD PREPARATION AND NUTRITION



Optional Practical task – GCSE booklet is attached also to help you to choose any recipes to practice

Link here [GCSE booklet with recipes to practice](#)

### Task 5/Week 5 Lifestyle choices and state of health changes nutritional needs

Complete the following tasks Power Point link here- [Week 5 Lifestyle choices](#)

Starter activity How many did you get of hiding vegetables in food for toddlers and children ?

Task 1 to complete about vegans and vegetarians –

Exam tips are an extension if you want to complete that is great learning.

Optional Practical again – link to theme or do what you and your family like?

Just send me a photo!

### Task 6/Week 6 Calculate energy values and nutritional values of recipes ,meals and diets

Back to being Dietician magicians

Complete the following tasks Power Point link here - [Week 6 Calculate Energy](#) Starter how many did you get

Use the link from PP <http://explorefood.factoflife.org.uk/>

Task 1 copy information

Task 2 using link calculate some values- complete on the PP or on paper and photograph – or fill in log

Optional practical send me a note via your log or a picture

### Task 7/Week 7 Using current guidelines to plan balanced diets for a range of individuals

Complete the following tasks Power Point link here [Week 7 Using current guidelines to plan balanced diets](#)

Starter how many did you get - ?

Task 1 choose your person to design a meal for – sporting or medical. Remember energy needed will play a massive part in this.

Optional Practical task make anything you want your own free choice – do something your family will enjoy and look in your cupboards so you do not need to do any shopping

Use the recipe book attached above and the BBC good food guide

### HOLIDAY TASK – MAKING , EATING AND REVIEWING FOOD

Please list any food you may have over the holidays, takeaways or possible days out if lockdown is eased. Meals out again if it becomes possible.

Tell me what you had and where and review it as though you are a food critic or give it a mark out of 10 for flavour, texture, colour and overall. Tell me what you would score it and more importantly why ?

### Suggested Reading or Viewing:

Reading in each week's section