



Skills, knowledge and understanding to be developed in this Learning Plan:

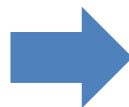
- Know the recommended amount of energy that is provided by each of the main nutrient groups.
- Know what percentage of each nutrient we should consume each day for a balanced diet.
- Know how the nutrient groups work together.
- Know how much energy we need to live, and how much we need for physical activity.

Key terms to be learned in this

LP:
 Recommended Daily Intake (RDI), Complementary actions, Plant-based non-haem iron, Basal Metabolic Rate (BMR), Physical Activity Level (PAL), Estimated Average Requirement (EAR), protein, fat, carbohydrates, vitamins, minerals and trace elements.

Week/Wythnos 1 - 2 Learning Objectives:

- Look at the amount of energy a person needs to keep the body going. What affects the amount of energy needed?
- Introduce key term Recommended Daily Intake (RDI) and look at different age groups.



Objective assessments:

Be able to:

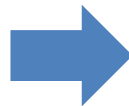
 Understand that everyone's energy requirements are different.
 Analyse different age groups RDI.

Homework/Gwaith cartref:

Set:
 Due:

Week/Wythnos 3 Learning Objectives:

- What are complementary actions? How do these nutrients work together in the body?
- Which nutrient pairs are important?
- Complete the activity on Page 63 to plan a meal for a vegan.



Objective assessments:

Be able to:

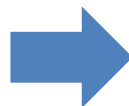
 Discuss and evaluate the amount of iron a vegan needs in their diet, know which goods contain iron and which foods help with the absorption of iron.

Homework/Gwaith cartref:

Set:
 Due:

Week/Wythnos 4 Learning Objectives:

- How much energy do we need? Begin to look at the Basal Metabolic Rate (BMR).
- Compare Physical Activity Levels (PAL) with the Basal Metabolic Rate (BMR).



Objective assessments:

Be able to:

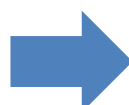
 Analyse the key points of energy supplied by the different nutrient groups.

Homework/Gwaith cartref:

Set:
 Due:

Week/Wythnos 5 Learning Objectives:

- Calorie intake and age. Why does this change as we get older?
- Why do different people need more energy?



Assessment
 Questions on Page 67 Helen Buckland book

Objective assessments:

Be able to:

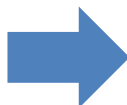
 Summarise the key points of how much energy we need.
 Discuss in groups different ages, men/women etc.

Homework/Gwaith cartref:

Set:
 Due:

Week/Wythnos 6 Learning Objectives:

- Begin to look at planning a balanced diet using the Eatwell Guide.
- What meal would you plan for a 5 year old? Pregnant lady? 75 year old man? Long distance runner? Footballer?



Objective assessments:

Be able to:

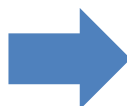
Analyse case studies and discuss relevant foods from each group of the Eatwell Guide to come to a conclusion for a meal you would serve.

Homework/Gwaith cartref:

Set:
Due:

Week/Wythnos 7 Learning Objectives:

- **Practical.** Create a meal using the Eatwell Guide for a person in one of the categories in Week 6.



Objective assessments:

Be able to:

Ensure the meal is balanced. Use higher practical skills. Be able to switch between ingredients due to allergens.

Homework/Gwaith cartref:

Set:
Due: