



## Long Term Plan Nutrition and Health Level 2 Award Year 10

| Week             | Lessons | Unit | Section | Topic                                                                                            | GLH     |
|------------------|---------|------|---------|--------------------------------------------------------------------------------------------------|---------|
| 1                | 1-2     | 1    | 1       | An Introduction to Nutrition and Health                                                          | 1 hr 20 |
| 2                | 1-2     |      |         | What is a healthy diet?<br><br>Adult diet V children's diet<br><br>The consequences of poor diet | 1 hr 20 |
| 3                | 1-2     |      |         | Lifestyle diseases<br><br>Nutrients and energy<br><br>Energy in food                             | 1 hr 20 |
| 4                | 1-2     |      |         | BMR<br><br>PAL<br><br>Calculating energy requirements                                            | 1 hr 20 |
| 5                | 1-2     |      |         | The relationship between energy intake, energy expenditure and weight<br><br>Salt in the diet    | 1 hr 20 |
| 6                | 1-2     |      | 2       | Food groups<br><br>Healthy eating                                                                | 1 hr 20 |
| 7                | 1-2     |      |         | Why it is important to eat a wide variety of foods                                               | 1 hr 20 |
| 8                | 1-2     |      |         | CLOSING THE GAP ACTIVITIES                                                                       | 1 hr 20 |
| <b>HALF TERM</b> |         |      |         |                                                                                                  |         |
| 9                | 1-2     |      | 3       | What are nutrients?<br><br>Name 5 nutrients<br><br>Nutrients and their function in the body      | 1 hr 20 |
| 10               | 1-2     |      |         | Factors that affect nutrient requirement<br><br>The importance of water in the diet              | 1 hr 20 |
| 11               | 1-2     |      | 4       | A healthy menu<br><br>Different cooking methods                                                  | 1 hr 20 |
| 12               | 1-2     | 2    | 1       | Healthy preparation methods<br><br>Plan a menu for a specific age group                          | 1 hr 20 |
| 13               | 1-2     |      |         | What factors affect diet in different age groups<br><br>The energy requirements of children      | 1 hr 20 |
| 14               | 1-2     |      |         | The consequences of a lack of iron                                                               | 1 hr 20 |

|                  |     |   |   |                                                                                                                               |         |
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|                  |     |   |   | The importance of Calcium and Vitamin D for children                                                                          |         |
| 15               | 1-2 |   |   | CLOSING THE GAP ACTIVITIES                                                                                                    | 1 hr 20 |
| <b>HALF TERM</b> |     |   |   |                                                                                                                               |         |
| 16               | 1-2 |   |   | Good food sources for different nutrients<br><br>Nutritional recommendations for children and young people                    | 1 hr 20 |
| 17               | 1-2 |   | 2 | Planning meals for older people<br><br>Factors that can affect the energy requirements for older people                       | 1 hr 20 |
| 18               | 1-2 |   |   | Reasons older people may be at risk from malnutrition<br><br>Current nutritional recommendations for older people             | 1 hr 20 |
| 19               | 1-2 |   | 3 | Why might some people have specific dietary requirements<br><br>Dietary requirements of different religions                   | 1 hr 20 |
| 20               | 1-2 |   |   | Vegetarian diets<br><br>Preparing food for specific dietary requirements                                                      | 1 hr 20 |
| 21               | 1-2 |   |   | CLOSING THE GAP ACTIVITIES                                                                                                    | 1 hr 20 |
| <b>HALF TERM</b> |     |   |   |                                                                                                                               |         |
| 22               | 1-2 |   | 4 | Public confusion overeating healthy<br><br>The financial cost of eating healthily<br><br>Accessibility and eating healthy     | 1 hr 20 |
| 23               | 1-2 |   |   | The consequence of relying on pre prepared meals                                                                              | 1 hr 20 |
| 24               | 1-2 | 3 | 1 | Nutritional information on food labels<br><br>GDA of fat, sugar and salt<br><br>Analysing food labels for fat, sugar and salt | 1 hr 20 |
| 25               | 1-2 |   |   | Calculating the energy of fat, protein and carbohydrate<br><br>How might food labels be misleading?                           | 1 hr 20 |
| 26               | 1-2 |   |   | CLOSING THE GAP ACTIVITIES                                                                                                    | 1 hr 20 |
| <b>HALF TERM</b> |     |   |   |                                                                                                                               |         |
| 27               | 1-2 |   | 2 | What are food additives?<br><br>Additive groups<br><br>Legislation and food additives                                         | 1 hr 20 |
| 28               | 1-2 |   | 3 | Food diary<br><br>Analysing a food diary<br><br>How could you improve your diet?                                              | 1 hr 20 |
| 29               | 1-2 |   |   | Closing the gap activities, AQA Credits and preparation for Level 2 Certificate in Nutrition and Health                       | 1 hr 20 |
| 30               | 1-2 |   |   | Closing the gap activities, AQA Credits and preparation for Level 2 Certificate in Nutrition and Health                       | 1 hr 20 |
| 31               | 1-2 |   |   | Closing the gap activities, AQA Credits and preparation for Level 2 Certificate in Nutrition and Health                       | 1 hr 20 |
| 32               | 1-2 |   |   |                                                                                                                               |         |
| <b>HALF TERM</b> |     |   |   |                                                                                                                               |         |
| 33               | 1-2 |   |   | Closing the gap activities, AQA Credits and preparation for Level 2 Certificate in Nutrition and Health                       | 1 hr 20 |

|    |     |  |  |                                                                                                         |         |
|----|-----|--|--|---------------------------------------------------------------------------------------------------------|---------|
| 34 | 1-2 |  |  | Closing the gap activities, AQA Credits and preparation for Level 2 Certificate in Nutrition and Health | 1 hr 20 |
| 35 | 1-2 |  |  | Closing the gap activities, AQA Credits and preparation for Level 2 Certificate in Nutrition and Health | 1 hr 20 |
| 36 | 1-2 |  |  | Closing the gap activities, AQA Credits and preparation for Level 2 Certificate in Nutrition and Health | 1 hr 20 |
| 37 | 1-2 |  |  | Closing the gap activities, AQA Credits and preparation for Level 2 Certificate in Nutrition and Health | 1 hr 20 |
| 38 | 1-2 |  |  | Closing the gap activities, AQA Credits and preparation for Level 2 Certificate in Nutrition and Health | 1 hr 20 |
| 39 | 1-2 |  |  | Closing the gap activities, AQA Credits and preparation for Level 2 Certificate in Nutrition and Health | 1 hr 20 |

**Total Guided Learning Hours = 37 Hours**

**13 additional hours have been allocated for students who may need extra time or who started the course late due to being a late admission to college**