

## Feedback → Action → Response

## 8A – Food and nutrition

| Lesson                    | Working towards ARE                                                                                                    | RAG | Meeting ARE                                                                 | RAG | Exceeding ARE                                                                                                                    | RAG |
|---------------------------|------------------------------------------------------------------------------------------------------------------------|-----|-----------------------------------------------------------------------------|-----|----------------------------------------------------------------------------------------------------------------------------------|-----|
| 8Aa – Nutrients           | Recall why we need food and the names of the nutrients in food.                                                        |     | Describe what a food pyramid is and give example of each food group         |     | Interpret food information labels                                                                                                |     |
| 8Aa – Food tests          | Recall Why our bodies need fibre and water                                                                             |     | State the different tests for sugars, proteins, fats and starch.            |     | Describe the results of the different food tests for sugar, starch, protein and fats.                                            |     |
| 8Ab - Uses of nutrients   | Recall the general sources and uses of carbohydrates, fats (lipids), proteins, vitamins and minerals by the body.      |     | Describe what our bodies use proteins, carbohydrates and fats for.          |     |                                                                                                                                  |     |
| 8Ab – Energy requirements | Recall that if a person's energy intake is different from the amount of energy that they need, their mass will change. |     | Describe the relationships between diet, exercise, age, sex and energy.     |     | Calculate the energy requirements for different people                                                                           |     |
| 8Ac - Balanced diets      | Recall the benefits of a balanced diet                                                                                 |     | Describe some examples of disorders caused by malnutrition                  |     | I can use dietary advice and nutrition information to design a healthy diet and can interpret Reference Intake (RI) information. |     |
|                           | Correctly use the term: malnutrition.                                                                                  |     | Recall what diabetes is and how it can be caused by malnutrition            |     | Describe the causes and control of Type 2 diabetes.                                                                              |     |
| 8Ad - Digestion           | Identify and recall the organs that make up the digestive system                                                       |     | Describe the functions of the organs in the human digestive system.         |     | Describe what happens during ingestion, absorption and egestion.                                                                 |     |
|                           | Recall what digestion is and why digestion is necessary.                                                               |     | Recall what an enzyme is and what it does in the digestive system.          |     | Describe the role of specific enzymes recalling their names, what they break down and what it is broken down into.               |     |
| 8Ae – Absorption          | Recall where digested food enters the blood.                                                                           |     | Describe the adaptations of the small intestine                             |     | Explain how the adaptations of the small intestine allows for efficient absorption of nutrients.                                 |     |
|                           | Recall the role of the small intestine.                                                                                |     | Use a knowledge of diffusion to explain how nutrients enter the blood.      |     |                                                                                                                                  |     |
| HSW                       | Recall what dependent, independent and control variable means                                                          |     | Identify the dependent, independent and control variable from a hypothesis. |     | Write a detailed, step-by-step method for an investigation that includes your variables.                                         |     |

Homework &amp; Presentation

Rewards

Test Score (%)

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