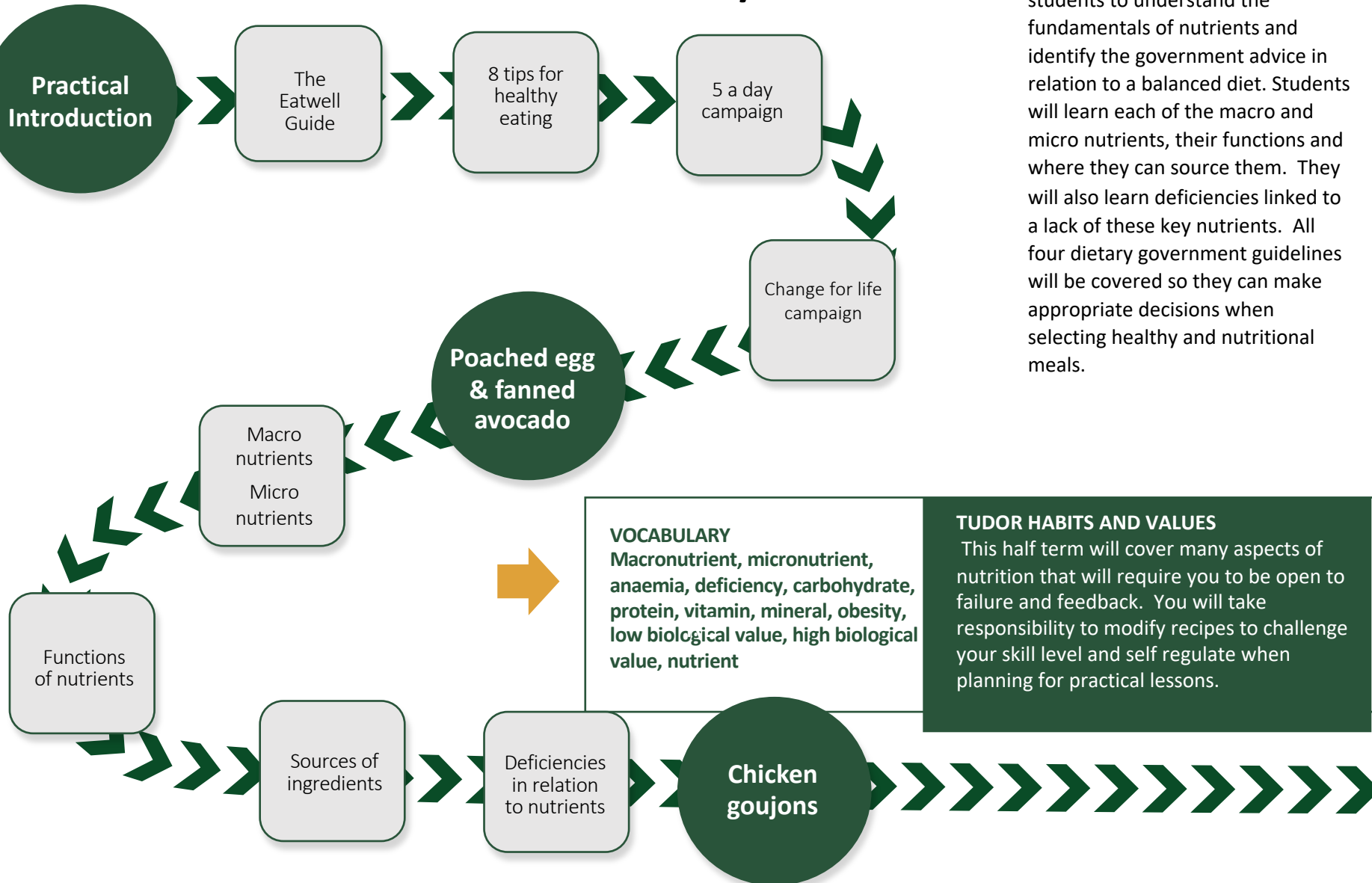




LEARNING JOURNEY

HEALTHY LIVING

DIETARY GOVERNMENT GUIDELINES/NUTRIENTS



This half term is essential for students to understand the fundamentals of nutrients and identify the government advice in relation to a balanced diet. Students will learn each of the macro and micro nutrients, their functions and where they can source them. They will also learn deficiencies linked to a lack of these key nutrients. All four dietary government guidelines will be covered so they can make appropriate decisions when selecting healthy and nutritional meals.

TUDOR HABITS AND VALUES

This half term will cover many aspects of nutrition that will require you to be open to failure and feedback. You will take responsibility to modify recipes to challenge your skill level and self regulate when planning for practical lessons.