

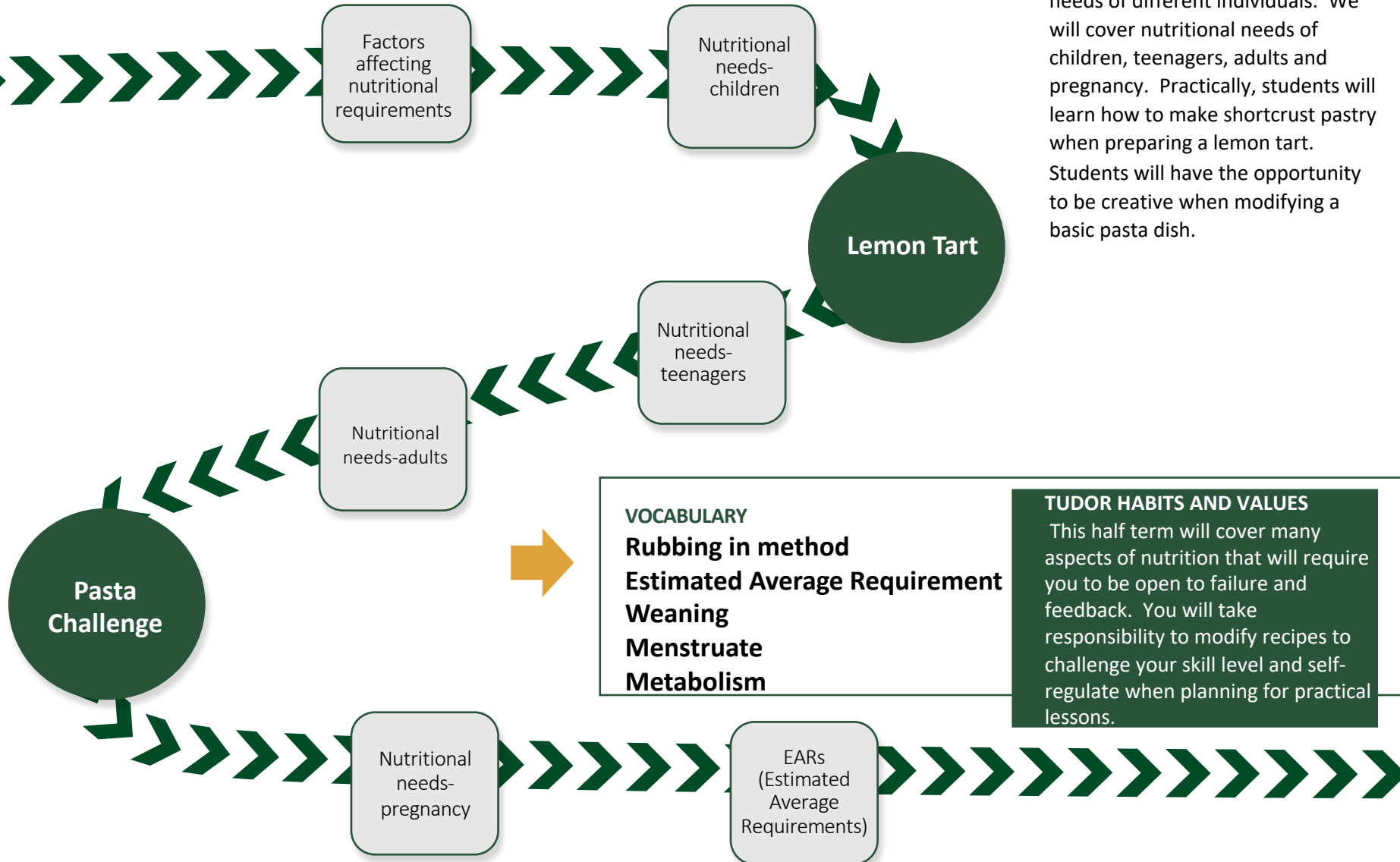


# LEARNING JOURNEY

## HEALTHY LIVING

### INDIVIDUAL NUTRITIONAL NEEDS

This half term the focus will be based on individual nutritional needs of different individuals. We will cover nutritional needs of children, teenagers, adults and pregnancy. Practically, students will learn how to make shortcrust pastry when preparing a lemon tart. Students will have the opportunity to be creative when modifying a basic pasta dish.



**VOCABULARY**  
**Rubbing in method**  
**Estimated Average Requirement**  
**Weaning**  
**Menstruate**  
**Metabolism**

**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.