Personalised Learning Checklist

Subject: Food preparation and nutrition :August – October.

Year group: 8

Dear Student,

During the academy closure you have been set a number of tasks. The list below is the learning you should have completed. Your teacher will use the list to check your progress during this time. It may be used for short quizzes, mini assessments or homework. Where there are gaps your lessons will focus on improving your knowledge and understanding.

Objective	My personal RAG rating (Red- do not understand, Amber- some understanding, Green- I am confident			Teacher RAG rating
Why does the body need food?	RED	AMBER	GREEN	
Identification of macro and micro nutrients	RED	AMBER	GREEN	
Protein – Function, sources and structure	RED	AMBER	GREEN	
HBV/LBV	RED	AMBER	GREEN	
Carbohydrates – Function and sources	RED	AMBER	GREEN	
Function of Fibre/NSP in the diet	RED	AMBER	GREEN	
Fat– Function, sources and structure	RED	AMBER	GREEN	
Nutritional analysis using the nutrition program	RED	AMBER	GREEN	
Cost analysis using the nutrition program	RED	AMBER	GREEN	
Adapting recipes using the nutrition program	RED	AMBER	GREEN	
Vitamins A, B, C and D Function, sources and deficiency	RED	AMBER	GREEN	
Vitamin B - Function, sources and deficiency	RED	AMBER	GREEN	
Vitamin C - Function, sources and deficiency	RED	AMBER	GREEN	
Vitamin D - Function, sources and deficiency	RED	AMBER	GREEN	
Calcium - Function, sources and deficiency	RED	AMBER	GREEN	
Iron - Function, sources and deficiency	RED	AMBER	GREEN	
What is energy balance?	RED	AMBER	GREEN	
BMR	RED	AMBER	GREEN	
Sources of energy	RED	AMBER	GREEN	
How energy is measured	RED	AMBER	GREEN	
Nutritional needs of key target groups: babies, children, adults, pregnant women and older adults.	RED	AMBER	GREEN	
Nutritional needs and food choices of teenagers	RED	AMBER	GREEN	
How to plan a balanced diet to meet the nutritional needs of teenagers	RED	AMBER	GREEN	

Time planning	RED	AMBER	GREEN	
Technical skills	RED	AMBER	GREEN	