

WJEC Entry Pathways – Food and Health CURRICULUM OVERVIEW: KS

	Learning Objectives	Assessment Criteria
Term 1	LO1 Understand the principles of a healthy diet.	AC1.1 Give a basic explanation of current nutritional guidelines. AC1.2 Identify the main nutrients needed by the body. AC1.3 Illustrate clearly the results of poor food choice.
Term 2	LO2 Be able to apply dietary knowledge to plan meals to meet dietary needs. LO3 Be able to use a range of practical skills to make healthy meals / food items.	AC2.2 Identify dishes / meals from a selection that are suitable for a range of different dietary needs. AC3.1 Prepare a number of healthy dishes e.g. salads, soups, fruit dishes, stir fry, kebabs.
Term 3	LO1 Be able to make informed decisions regarding safe and hygienic working practices. LO2 Understand the most common causes and types of food poisoning. LO3 Understand the main symptoms of food poisoning and be aware of the effects of food poisoning on health.	AC1.1 Work safely and hygienically during practical sessions. AC1.2 Identify general hygiene and safety points. AC2 .1 Name the main causes of food poisoning. AC2.2 State 3 main types of food poisoning. AC3.1 Describe the main symptoms of food poisoning. AC3.2 Make simple reference to the effect of food poisoning on a person’s health.

AIMS/ ASSESSMENT	
Assessment	AIMS
FOOD AND HEALTH <ul style="list-style-type: none"> Formative as well as summative assessment Coverage of Assessment Criteria for this unit Coverage of Assessment Criteria for linked units (e.g. Food 	FOOD AND HEALTH <ul style="list-style-type: none"> The unit aims to provide learners with the opportunity to develop an understanding of the link between food and health.

and Health)

Evidence:

- photographs,
- evaluation sheets,
- witness statements,
- teacher comments including records of oral questioning.

HEALTH AND HYGIENE

- Formative as well as summative assessment
- Coverage of Assessment Criteria for this unit
- Coverage of Assessment Criteria for linked units (e.g. Food and Health)

Evidence:

- Photographs,
- evaluation sheets,
- witness statements,
- teacher comments including records of oral questioning
- story boards
- portfolios,
- recordings,
- videos of role play.

HEALTH SAFETY AND HYGIENE

- This unit aims to help learners to acquire a knowledge and understanding of safety and hygiene when preparing, cooking and serving food.

Resources	Considerations
<p>FOOD AND HEALTH</p> <ul style="list-style-type: none"> • Recipe books as available in the centre • Text books • All about Food – McGrath H Understanding Cookery Food Choice – Anita Tull The Food Magazine BBC Good food magazine BBC Olive magazine Range of women’s magazines feature weight reduction menu plans • WJEC Food Studies Resource booklet • Healthy Eating literature: government, supermarket, manufacturers • Internet web-sites • www.nhs.uk www.foodafactoflife.org.uk www.nhs.uk www.patient.co.uk www.eatwell.gov.uk <p>HEALTH AND HYGIENE</p> <ul style="list-style-type: none"> • WJEC Food Studies Resource booklet • Text books • Food Safety your questions answered – food safety advisory service 	<ul style="list-style-type: none"> • The level the learner is working at • Providing opportunities for progression • Centre facilities and resources

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| <ul style="list-style-type: none">• The food hygiene handbook – Highfield• Videos e.g. Bad Food live (FSA publication)• Internet websites• www.food.gov.uk• http://www.e-bug.eu/ebug_secret.nsf/England-Primary-Pack/eng_eng_j_wp_pk_fh__Food-• www.kidsandcooking.co.uk/TeachingKidsFoodHygiene.htm• www.eatwell.gov.uk/healthissues/foodpoisoning/• www.nhs.uk/conditions/Food-poisoning | |
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