



GCSE (Year 10)



Food Preparation and Nutrition Personalised Learning Checklist

Name:

Exam Board	Eduqas
Topic/Module	

My target grade is	
Group	

My current Grade is:	Autumn:	Spring:	Summer:
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Use this checklist before your assessment to focus your work and after to check the effectiveness of your work.

G	I am confident about this topic and I know what I need to do.
A	I am not too sure about this topic. I may need to check with my teacher and spend more time working on this topic.
R	I am not confident I could answer a question on this topic. I need to check with my teacher and ensure I have what I need to do it.

Week	Topic/Unit Focus	R	A	G
	Principles of nutrition			
	The key nutrients that are needed for good health			
	Why the body needs nutrients			
	The functions and sources of nutrients			
	What happens if we have too many or too few nutrients			
	Nutrients provided by different foods			
	How water and fibre contribute to the diet			
	Diet and good health			
	What is meant by a 'healthy diet'			
	Guidelines and recommendations for a healthy diet			
	Nutritional needs throughout life			
	How to plan meals for people with specific dietary needs			
	How lifestyle can affect food choice and diet			
	Milk, Cheese, and Yogurt			
	The different types of dairy foods available			
	How milk is processed to make it safe			
	How milk is made into other dairy products			
	The nutritional values of dairy foods			
	How these foods are used in the diet			

Therapy (Interventions)
Additional Support / Guidance

