

Enquiry Question: What impact does an individual's lifestyle have on their nutritional needs?				
Week	Title	Success checklist	Work to submit	Date due
1	<i>Identifying how people's lifestyle choices change their nutritional needs</i>	<ul style="list-style-type: none"> ▪ I can explain the different dietary requirements of the three main religions and ethical beliefs. ▪ I can compare the differences between the dietary requirements & identify any nutritional gaps 	Summary of dietary requirements in table format for Hinduism, Islam Judaism, Vegetarianism & Veganism. Identify any nutritional gaps & suggest alternative food products.	Friday 24 th April
2	<i>Menu Alternatives</i>	<ul style="list-style-type: none"> ▪ I can produce a menu with suitable adaptations depending on the dietary requirements ▪ I can what & why certain foods should be avoided by Pregnant women. 	Two versions of the same menu. Using the menu on slide 6 adapt this menu for a Lacto-ovo vegetarian & a Pregnant woman.	Friday 1 st May
3	<i>Losing Weight and the Body Mass Index</i>	<ul style="list-style-type: none"> • I can work out individuals BMI & how this relates to a 'Healthy Weight' • I understand the health problems associated with being overweight & how diet can influence these. 	Completed BMI for yourself & any other persons you live with. Analyse the diet of an overweight individual & suggest healthier alternatives	Friday 8 th May
4	<i>Progress Check/Specific dietary needs or illnesses</i>	<ul style="list-style-type: none"> • I can identify the 8 main illnesses & the symptoms of these. • I can explain what foods are suitable & why. 	Past Paper exam questions Using the template on slide 2, complete a table on the illnesses identified.	Friday 15 th May
5	<i>Allergies & intolerances</i>	<ul style="list-style-type: none"> • I can explain why the key points surrounding Nut allergy & lactose intolerance • I can plan a two course meal for one of these conditions. 	Read the information of Nut allergies & Lactose intolerance. Make notes on the key points. Plan a two course meal for one of the conditions.	Friday 22 nd May

Year 10 Food Preparation & Technology – Summer term 1 overview