

Year 9 Food Theory - Diet, Nutrition, and Health – Skeleton SOW

Lesson 1: Understanding Macronutrients - recap

- **Identify and Describe Macronutrients:** Understand the roles and sources of carbohydrates, proteins, and fats in a balanced diet.

Lesson 2: Micronutrients and Their Functions - Vitamins

- **Importance of Micronutrients:** Recognise the essential vitamins and minerals required for health and their dietary sources.
- Fat-soluble and water-soluble vitamins
- Deficiency risks

Lesson 3: Micronutrients and Their Functions – Minerals

- Recognise the essential minerals required for health and their dietary sources.
- Calcium, Iron, Sodium (salt), Fluoride, Phosphorus.

Lesson 4: Water

- Understand the importance of hydration.
- How water is lost through the body.
- The functions of water.
- How much water is needed each day.
- What happens when there is a lack of water.

Lesson 5: Making informed choices for a varied and balanced diet – Principles of healthy eating

- **The Eatwell guide**
- Guidelines for a healthy diet.
- Meal planning – portion size and cost

Lesson 3: Dietary Needs Across the Lifespan

- **Nutrition through the Ages:** Explain how nutritional requirements change through different life stages from infancy to older adulthood.
- Young children (1-4 years old)
- School children (5-12 years old)
- Teenagers

- Adults
- Elderly

Lesson 4: Special Dietary Requirements

- **Catering for Health Conditions and Lifestyle Choices:** Understand the implications of dietary needs for vegetarians, vegans, high-fibre diets and those with specific conditions lactose intolerant and coeliac disease.

Lesson 5: Energy needs

- Why do you need energy?
- Sources of energy (low-energy/high-energy)
- BMR and PAL
- **Balancing Energy In vs. Out:** Discuss the concept of energy balance and its importance in maintaining a healthy weight.

Lesson 6: How to carry out nutritional analysis

- Planning and modifying recipes
- Planning and modifying diets
- Food tables
- Analysing the nutritional value of meals

Lesson 7: The Science Behind Food and Nutrition

- **Digestion and Absorption:** Outline the digestive process and how nutrients are absorbed by the body.

Lesson 8: The Impact of Diet on Health

- **Connecting Diet and Health:** Understand how diet affects health, including the role of diet in the prevention and development of diseases such as obesity, cardiovascular diseases, coronary heart disease.

Lesson 9: The Impact of Diet on Health 2

- **Connecting Diet and Health:** Continue looking at different types of diseases – Strokes, Iron deficiency, type 2 diabetes.

Lesson 10: Understanding Food Labels

- **Making Healthier Choices:** Learn to interpret food labels effectively to make informed dietary choices.

Lesson 11: Food Provenance and Environmental Impact

- **Sustainability in Food Choices:** Discuss the impact of food choices on the environment and the importance of sustainable eating practices.

Lesson 12: Psychological and Social Factors Influencing Diet

- **Exploring Eating Behaviours:** Analyse how lifestyle, culture, religion, factors influence eating habits and food choices.

OR

Lesson 12: Exam prep – food exam questions and how to answer them

By the end of these 12 theory lessons, Year 9 students will have a comprehensive understanding of diet, nutrition, and health. They will be equipped with the knowledge to make informed decisions about their diet and understand the broader implications of food choices on health and the environment.