Subject: Child Development

2 Week Independent Learning plan **Week 7 and 8**

**Email queries to:** [**nbaker@waseleyhills.worcs.sch.uk**](mailto:nbaker@waseleyhills.worcs.sch.uk)

Teacher: J.Williams

Year: 9 Topic/theme: Nutritional Requirements and dietary advice for children aged 0-5 years

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| Lesson | What you need to take from this lesson | Resource to use or hyperlink | Suggested task |
| 1 | Reflection on work completed during weeks 5&6 on nutrition, dietary guidelines and feeding babies and children. | See week 5&6 sheets for any links required, Link to booklet is below and on website.  <https://www.waseleyhills.worcs.sch.uk/coronavirus-independent-learning/weeks-5-and-6-4th-may-to-15th-may/year-9-tasks#doc-collapse-105957> | Look through the booklet on nutrition which you have completed and write down 2 questions for each of the following which you could ask your peers:  **1.The Eat well Guide**  **2. Macronutrients**  **3.Vitamins**  **4. Minerals**  **5. Fibre**  **6.Water**  **Also write the answers!** |
| 2 | Understanding how to cope with providing meals for children with special diets. | Look at Page 8 of booklet where you were asked to suggest suitable meals for the different needs to help you.  <https://www.nhs.uk/change4life>  <https://www.nhs.uk/live-well/eat-well/?tabname=food-and-diet>  <https://www.food.gov.uk> | **Answer the following question:**  Gemma is a Child Minder. She has started working with 10 month old Ted who is lactose intolerant and drinks soya milk. She has not come across this before. Gemma asks to sit down with Ted’s parents to fully talk it over. At the end of the conversation she considers that she understands how to meet Ted’s dietary needs. She wants to make sure that she understands how to use soya milk in recipes as Ted will soon be ready to eat a wider range of foods. She researches the websites to the left.   1. **Do you think Gemma is looking at the correct websites? Why?** 2. **What else do you think Gemma could do to help her meets Ted’s dietary needs?** |
| 3 | Link understanding on special diets in children and diet related illnesses. | <https://www.nhs.uk/conditions/> | Look at the NHS website and for each of the listed child related illnesses below, find out:  1. Why the diet related illness occurs.  2. What signs or symptoms a child may show with that illness.  3. How to treat the diet related illness.  4. A relevant fact about the illness.  **Produce the information as a factsheet**  **Childhood obesity**  **Rickets**  **Scurvy**  **Hypoglycaemia**  **Hyperglycaemia**  **Allergies** |
| 4 | Understanding how to adapt a recipe for a special dietary need. | <https://www.bbc.co.uk/food/recipes/classiccottagepie_90765> | Look at the recipe for cottage pie and suggest the following adaptations for a special diet.   1. **How would you change it for a child who is a vegetarian?** 2. **How would you change it for a child who has a milk allergy?** 3. **How would you change it for a child who was a coeliac and has a gluten allergy?** 4. **How would you change it to increase the fibre?** 5. **What could you serve with it to give Vitamin C for the child’s skin?** 6. **What could you change for a child that is Hindu and does not eat beef but eats other meat?** 7. **What could you serve with it to ensure a child is hydrated?** 8. **How could you reduce the fat content to prevent childhood obesity?** |
| 5 | Reflection on work completed during weeks 5&6 on nutrition, dietary guidelines and feeding babies and children. | **List of Topics covered**   1. Eat well Guide 2. Macronutrients 3. Micronutrients Vitamins 4. Micronutrients Minerals 5. Deficiency diseases 6. Water 7. Fibre 8. Breast feeding 9. Bottle feeding 10. Weaning stage 1 11. Weaning stage 2 12. Weaning stage 3 13. Providing meals for children 14. Obesity 15. Diabetes 16. Allergies 17. Religion and food 18. Vegetarianism 19. Food alternatives 20. Nutritional analysis | **Write out the list of topics and colour code:**  Green- I understand this and can explain to someone else.  Amber- I understand part of this but would struggle to explain to someone else.  Red – I do not understand this topic and need to revisit it.  **Keep all work from this unit together to revisit when we are back at school. Hope you enjoy the work and stay safe. Any questions please email** [**jewilliams@waseleyhills.worcs.sch.uk**](mailto:jewilliams@waseleyhills.worcs.sch.uk) |
| **How will we assess you learning?**  Years 7 and 8: Pupils will be set an interactive quiz using this information on Show My Homework or asked to submit a piece of work such as a photograph of art work.  Year 9 to 11: Pupils may be set an interactive quiz or a written task via Show My Homework. | | | |

**Need help?**

HomeAccess+ <https://facility.waseley.networcs.net/HAP/login.aspx?ReturnUrl=%2fhap> (use your normal school username and password).

Pupil and parent help page: <https://www.waseleyhills.worcs.sch.uk/coronavirus-independent-learning/help-for-parents-and-pupils>

**Fancy showing your best work off?**

You can email a photo of you doing something great, or an example of your best piece of work to your Head of Year for our celebrations assemblies when we return.

Yr 7 please email Mrs Williams at jewilliams@waseleyhills.worcs.sch.uk

Yr 8 please email Mrs Bridgeman at jbridgeman@waseleyhills.worcs.sch.uk

Yr 9 please email Mrs Bradley at kjbradley@waseleyhills.worcs.sch.uk

Yr 10 please email Mr Jones at [djones@waseleyhills.worcs.sch.uk](mailto:djones@waseleyhills.worcs.sch.uk)

Please keep your work organised in subjects as we are excited to see what you have achieved and reward you for it when we return.