Subject: Child Development

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

**Email queries to:** **nbaker@waseleyhills.worcs.sch.uk**

Teacher: J.Williams

Year: 10 Topic/theme: Nutritional Requirements and dietary advice for children aged 0-5 years

**Download nutrition booklet to answer work in** **which is on the tab underneath this work on school website**

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| Lesson  | What you need to take from this lesson  | Resource to use or hyperlink | Suggested task  |
| 1 | Understand the Government Guidelines of The Eatwell Guide and how it relates to children’s diets. | <https://www.youtube.com/watch?v=1tJYcNt6Bpk><https://www.nhs.uk/change4life> | Watch video on Eat Well GuideComplete page 1 of taskLook at NHS healthy eating page on Change for life initiative.Complete details on page 2 of task |
| 2 | Understand the functions and sources of Macro and Micro nutrients. | <https://facility.waseley.networcs.net/HAP/myfiles/#S\Child%20Development\Cambridge%20National\RO19%20CW\LO3\Nutrition>In the coursework area for Child Devt, Cambridge National, in the folder above, there are 2 PowerPoints, one which says Nutrition test and one which says Nutrition test answers. Use these to find out about sources and functions of nutrients.This is revision from last year, some of you did not manage to complete it and for those who did it is good revision for the exam and for upcoming CW. | Look at information and complete pages 2-5 of task |
| 3 | Understand the dietary needs of children. | <https://www.nhs.uk/conditions/pregnancy-and-baby/understanding-food-groups/><https://www.nhs.uk/conditions/pregnancy-and-baby/understanding-food-groups/?tabname=babies-and-toddlers>Use the NHS website and search relevant topics in the search bar at the top | Complete pages 6-7 of task |
| 4 | Understand how to prepare meals for children | 1. Children should enjoy their food
2. Children should eat a variety of different foods
3. Eat the right amount to be a healthy weight.
4. Eat plenty of foods rich in starch and fibre
5. Eat plenty of fruit and vegetables
6. Don’t eat too many foods that contain a lot of fat
7. Don’t have sugary foods and drinks too often.

<https://www.nhs.uk/change4life> | Complete pages 8&9 of the task. |
| 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** |
| **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

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.