2 Week Independent Learning plan **Week 11 and 12**

**Support contact details:**

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

**Teachers email addresses in this subject area:**

Subject Leader ( Mrs Patel ) email: apatel@waseleyhills.worcs.sch.uk

Subject teacher emails:

Monday June 22nd to Friday July 3rd

Subject: Food Preparation and Nutrition

Year: 10

Topic/theme: Recipes for specific diets



Three stages to online learning

|  |  |  |
| --- | --- | --- |
| **Stage One – Reading Task** | **Stage Two – Completing Tasks** | **Stage Three – Assessing your learning and feedback** |
| Read the lessons in the table below. Think about what you need to learn from the task. It may help to look at the other lessons too as this will show you where your learning is heading.  | Find the resources you need. In some instances you may need to log into HomeAccess+ and find the file on the coursework drive (S). Login with your normal school username and password. Use the resource as described to complete the suggested task. Reflect on the teacher’s question.Click here for HomeAccess+ driveClick here for help with accessing HomeAccess+ | At the end of the two weeks you will be set a task by your teacher on Show My Homework. This is submitted in SMHWK. This task will assess your learning and allow us to give you feedback.These assessment tasks are optional but submitting them is very helpful for you and your teacher to understand what you have learnt. |



We are here to help you within school opening hours:

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| **Email your teacher** | **Join your teacher for a support chat session** | **Ring school reception** |
| You can now email your teacher using your Office 365 email address. You can also email Mr Baker or the Subject Leader using the contact info above (top right). |  You will also receive an invite during the two week period to join an online support chat with your teacher. | Call 0121 4535211 within school hours. They will email your teacher and ask them to contact you. |

Learning tasks for this fortnight:

|  |  |  |  |
| --- | --- | --- | --- |
| **Lesson**  | **Aim:**What you need to take from this lesson  | **Resource(s) to use:**Hyperlinks to videos etcHomeAccess+ file location | **Suggested task:** |
| 1 | In this lesson you will understand the dietary requirements for a person with Type 2 Diabetes**Do this work on a separate document or sheet of paper.****Submit it via SMHW or email.** | <https://www.diabetes.org.uk/><https://www.nhs.uk/conditions/type-2-diabetes/><https://www.nutrition.org.uk/nutritionscience/health-conditions/diabetes.html?limitstart=0> | 1. What is Type 2 diabetes?
2. What causes Type 2 diabetes?

A question your teacher would have asked you at the end of this lesson is:**Why do you think the UK has such a high rate of Type 2 diabetes?** |
| 2 | In this lesson you will understand the dietary requirements for a person with Type 2 Diabetes | <https://www.diabetes.org.uk/><https://www.nhs.uk/conditions/type-2-diabetes/><https://www.nutrition.org.uk/nutritionscience/health-conditions/diabetes.html?limitstart=0> | 1. List at least 5 symptoms of Type 2 diabetes.
2. How can Type 2 diabetes be prevented?
3. How can Type 2 diabetes be treated?

A question your teacher would have asked you at the end of this lesson is:**Which type of diabetes is diet related?** |
| 3 | In this lesson you will understand the dietary requirements for a person with Type 2 Diabetes | <https://www.diabetes.org.uk/guide-to-diabetes/recipes><https://www.diabetes.co.uk/recipes/> | 1. What types of foods should a person with Type 2 diabetes avoid?
2. Make a list of 12 dishes that would be suitable for a person with Type 2 diabetes. Make sure you have a varied selection of dishes that use different cooking skills and techniques. Find dishes that have medium to high level skills.

A question your teacher would have asked you at the end of this lesson is:**Which macronutrient could affect a person’s blood glucose level?** |
| 4 | In this lesson you will understand the dietary requirements for a person with Type 2 Diabetes | <https://www.diabetes.org.uk/guide-to-diabetes/recipes><https://www.diabetes.co.uk/recipes/> | 1. Choose three of the dishes from your list of twelve that you would possibly cook.
2. Explain why each of those dishes is suitable for a person with Type 2 diabetes – discuss the nutrients.
3. If possible, cook one of those dishes.

A question your teacher would have asked you at the end of this lesson is:**List one skill in each of your three dishes.** |
| 5 | In this lesson you will understand the dietary requirements for a person with Type 2 Diabetes | <https://explorefood.foodafactoflife.org.uk/> | 1. Go onto Explore food and conduct a nutritional analysis of one of the three dishes you chose above. You will need the recipe.
2. Copy and paste the traffic light rating and the nutritional analysis box into your work.

A question your teacher would have asked you at the end of this lesson is:**Is your dish healthy? Why?** |
| **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.