



What subjects can use the Nutrition Program?

The main subject areas using this program are

Food Technology and Home Economics.

BUT – there are many other subjects and school areas which study nutrition, recipes, meals and diets, and their students could share your extra users.

1. **Healthy Schools Initiative** – use the program to look at school meals, tuck shop food, student diets.
2. **School Meals** – by September 2009, your school meals must meet government guidelines for nutritional standards. Our program provides the facility to check the meals.
3. **Licence to Cook** – analyse the recipes used on this course to see how healthy they are.
4. **Hospitality, Leisure and Tourism courses** – they need to analyse menus and provide healthy food.
5. **Health and Social Care** – BTECs and others learn about diet and health
6. **PSHE** – teaching about diet and health
7. **Science** – needed for KS3 and KS4 where they learn about balanced diets and nutrients
8. **Physical Education and Sport** – the GCSEs look at healthy eating and diet analysis and want students to do practical tasks.
9. **ICT and Maths** – both subjects need to use real data that is meaningful for students – and students really want to know if their diet is OK. There is a lot of Maths in the program and in my experience, students can't understand the meaning of % and bar charts!

Jenny Ridgwell

Examples of GCSEs and other qualifications

WJEC GCSE in Hospitality and Catering

Nutrition and menu planning

The candidate should have knowledge of:

- Functions and sources of the main nutrients.
- Current healthy eating guidelines.
- Vegetarian choices, nut allergies, wheat intolerance, lactose intolerance.

Details from The Nutrition Program www.nutritionprogram.co.uk

The candidate should have knowledge of important points to consider when planning a menu.

- Nutritionally balanced meals.

Task Celebrity chefs have been promoting the importance of a healthy diet. As a school/college caterer you have been asked to produce and serve a two course meal that would encourage healthy eating in the school/college restaurant.

Physical Education GCSE AQA

Statements from the specification

3.1.2 Linking physical activity with diet, work and rest for personal health and a balanced healthy lifestyle

Healthy eating, Balanced diet for the balance of good health, Whole School Food Policy, Standards and requirements for school lunch, Food choices.

Diet- Through a balanced diet the body receives the nourishment it needs to maintain physical health

Knowledge and understanding of proteins, carbohydrates, fats, vitamins, minerals, water/ fluids, fibre/roughage

Special diets for different types and levels of active participation; to include carbohydrate loading and high protein diets.

Health and Social Care GCSE AQA

Promoting health and well being:

Learn that well being can be affected by ..an unbalanced, poor quality or inadequate diet.

GCSE Human Health & Physiology GCSE AQA

ICT, candidates should be given opportunities to: collect data from primary and secondary sources, using ICT sources and tools – use the Nutrition Program!

3.3.2 Nutrition

Candidates should know and understand:

that dietary requirements with respect to the amounts of energy, protein, vitamins and mineral salts may change

Candidates should be able to:

identify rich sources of carbohydrates, proteins, fats, fat soluble vitamins D and A, water soluble vitamin C, mineral ions eg calcium, iron, sodium and chloride

explain the consequences of calcium and iron deficiency

explain the consequences of excess salt and sugar

explain the benefits of fibre in the diet.

Candidates should, when given appropriate information, be able to evaluate:

the effects of reducing or increasing the various food components in the diet

Candidates should be able to use practical and enquiry skills to:

interpret food labels with particular reference to quantities and energy values of the nutrients

Tasks - Compare the food and nutritional value of different breakfast cereals.

Record a day's food intake and calculate the total energy intake.