

KS4 Food



Meadow Park
Patience, Guidance and Determination

Week 1

Week commencing

Teacher instructions

Each child will complete one revision lesson per day. Each revision lesson comes with a short video and a quiz which you will need to watch and complete.

Lesson 1

| WEBSITE/LINK | TOPIC/THEME |
|---|--|
| https://www.bbc.co.uk/bitesize/guides/z8rqw6f/revision/1 | How to achieve a healthy and balanced diet. Revision notes on food and nutrition for good health for students studying GCSE: Food and nutrition. |

Lesson 2

| WEBSITE/LINK | TOPIC/THEME |
|---|---|
| https://www.bbc.co.uk/bitesize/guides/z7yttv4/revision/1 | Our dietary requirements change depending on our stage of life. |

Lesson 3

| WEBSITE/LINK | TOPIC/THEME |
|---|---|
| https://www.bbc.co.uk/bitesize/guides/zqj66yc/revision/1 | Energy and Nutrients: The human body converts the food consumed into energy in order to function and stay alive. The nutrients in food each provide a different amount of energy to the body. |

Lesson 4

| WEBSITE/LINK | TOPIC/THEME |
|---|--|
| https://www.bbc.co.uk/bitesize/guides/znnqghv/revision/1 | Macronutrients are nutrients that are needed in large amounts by the body – protein, fat and carbohydrate. |

Lesson 5

| WEBSITE/LINK | TOPIC/THEME |
|---|---|
| https://www.bbc.co.uk/bitesize/guides/zpt33k7/revision/1 | Micronutrients are vitamins and minerals needed by the body in small amounts. |

Week 2

Week commencing-

| Teacher instructions | |
|--|---|
| Each child will complete one revision lesson per day. Each revision lesson comes with a short video and a quiz which you will need to watch and complete. | |
| Lesson 1 | |
| WEBSITE/LINK | TOPIC/THEME |
| https://www.bbc.co.uk/bitesize/guides/zks8jty/revision/1 | Food provenance It is important that we understand the processes that food goes through before it reaches our fork. |
| Lesson 2 | |
| WEBSITE/LINK | TOPIC/THEME |
| https://www.bbc.co.uk/bitesize/guides/z7fw7p3/revision/1 | Various factors may influence your decision to purchase food products. |
| Lesson 3 | |
| WEBSITE/LINK | TOPIC/THEME |
| https://www.bbc.co.uk/bitesize/guides/z23yfcw/revision/1 | A food allergy is when the body's immune system reacts unusually to specific foods. Food intolerance is more common than food allergy and is not caused by the immune system. |
| Lesson 4 | |
| WEBSITE/LINK | TOPIC/THEME |
| https://www.bbc.co.uk/bitesize/guides/z77v3k7/revision/1 | Food safety A look at the campylobacter, E. coli, listeria, salmonella and staphylococcus bacteria that cause food poisoning, as well as the conditions that allow bacterial growth. |
| Lesson 5 | |
| WEBSITE/LINK | TOPIC/THEME |
| https://www.bbc.co.uk/bitesize/guides/zndnsrd/revision/1 | Food safety 2 Food producers and sellers have to follow food safety laws, but after you purchase food it is your responsibility to keep it safe. |