

Half-term Five- April to May

Year 9 Hospitality

Lesson	Instructions	Resources	Curriculum
1	<p>Open the work document: Diet, activity and health Knowledge Organiser.</p> <p>Read and make notes on malnutrition and undernutrition. Make a leaflet explaining the types of energy expenditure and exercise needed for good health.</p>	<p>Diet, activity and health Knowledge Organiser 11-14</p> <p>https://www.foodafactoflife.org.uk/11-14-years/knowledge-organisers/</p>	Health and Nutrition
2	<p>Open the PowerPoint: Diet and health presentation.</p> <p>Read the PowerPoint, make notes and then download the worksheet and answer the questions.</p>	Diet and Health Powerpoint	Health and Nutrition
3	<p>An unbalanced diet</p> <p>The consequences of an unbalanced diet on health and wellbeing - watch the clips and make notes.</p>	<p>https://www.youtube.com/watch?v=S9_23-zjhM http://www.youtube.com/watch?v=qQjaZ6dmhSY http://www.youtube.com/watch?v=1gAck6EF7tk</p>	Health and Nutrition
4	<p>Energy in, energy out quiz</p> <p>Try the quiz. Write down facts that you learnt and things that surprised you.</p>	https://www.foodafactoflife.org.uk/11-14-years/healthy-eating/energy-and-nutrients/	Health and Nutrition
5	<p>Adverse reactions to food</p> <p>Read the PowerPoint. Download and answer the Adverse Reactions to Food worksheet and then try the quiz.</p>	Adverse reactions to food presentation	Health and Nutrition

Please email any queries and completed work to Mrs Weites

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