

## Half-term Three- January to February

### Year 9 Hospitality

| Lesson | Instructions   | Resources   | Curriculum           |
|--------|--|---|----------------------|
| 1      | Complete research and tasks on specialist diets and how particular diets and food preferences may affect our health and wellbeing. | Religious and cultural factors -<br><a href="https://www.foodafactoflife.org.uk/14-16-years/consumer-awareness/food-choice/#FAFC">https://www.foodafactoflife.org.uk/14-16-years/consumer-awareness/food-choice/#FAFC</a>   | Health and Nutrition |
| 2      | Read the PowerPoint and make notes   | Medical factors-<br><a href="https://www.foodafactoflife.org.uk/14-16-years/consumer-awareness/food-choice/#FAFC">https://www.foodafactoflife.org.uk/14-16-years/consumer-awareness/food-choice/#FAFC</a>   | Health and Nutrition |
| 3      | Read the PowerPoint and make notes.  | Other factors:<br><a href="https://www.foodafactoflife.org.uk/14-16-years/consumer-awareness/food-choice/#FAFC">https://www.foodafactoflife.org.uk/14-16-years/consumer-awareness/food-choice/#FAFC</a>   | Health and Nutrition |
| 4      | Research vegans and vegetarians- read slides 1-4 and make notes  | <a href="https://www.bbc.co.uk/bitesize/guides/zgvnpbk/revision/1">https://www.bbc.co.uk/bitesize/guides/zgvnpbk/revision/1</a>   | Health and Nutrition |
| 5      | The consequences of an unbalanced diet on health and wellbeing - watch the clips and make notes.                                   | <a href="https://www.youtube.com/watch?v=S9_23-zjhM">https://www.youtube.com/watch?v=S9_23-zjhM</a><br><a href="http://www.youtube.com/watch?v=qQjaZ6dmhSY">http://www.youtube.com/watch?v=qQjaZ6dmhSY</a><br><a href="http://www.youtube.com/watch?v=1gAck6EF7tk">http://www.youtube.com/watch?v=1gAck6EF7tk</a> | Health and Nutrition |



**Please email any queries and completed work to Mrs Weites**

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equality

opportunity

inclusion

achievement