

Half-term Four- February to March



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>Energy in, energy out quiz</p> <p>Try the quiz. Write down facts that you learnt and things that surprised you.</p>	<p>https://www.foodafactoflife.org.uk/11-14-years/healthy-eating/energy-and-nutrients/</p>	Health and Nutrition
3	<p>Food price and costings</p> <p>Read the powerpoint and produce a leaflet showing how you can reduce food costs.</p>	<p>https://www.foodafactoflife.org.uk/14-16-years/consumer-awareness/food-choice/</p>	Health and Nutrition
4	<p>Comparing the cost</p> <p>Find the word document at the bottom of the page. Use online supermarket sites to help.</p>	<p>https://www.foodafactoflife.org.uk/14-16-years/consumer-awareness/food-choice/</p>	Health and Nutrition
5	<p>Costing a recipe - choose any recipe that you like.</p> <p>Use the Costing a Recipe powerpoint to help you.</p>	<p>https://www.foodafactoflife.org.uk/14-16-years/consumer-awareness/food-choice/</p>	Health and Nutrition

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

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equality

opportunity

inclusion

achievement

