

Health and Well-being - Food and Health
Third Level HWB 3-29a

I enjoy eating a diversity of foods in a range of social situations

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Third Level HWB 3-30a

By taking part in practical food activities and taking account of current healthy eating advice, I can prepare healthy foods to meet identified needs.

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Third Level HWB 3-31a

Through practical activities using different foods and drinks, I can identify key nutrients, their sources and functions, and demonstrate the links between energy, nutrients and health.

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I am developing my understanding of the nutritional needs of people who have different conditions and requirements.

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Third Level HWB 3-33a

I can apply food safety principles when buying, storing, preparing, cooking and consuming food.

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Third Level HWB 3-34a

Having explored a range of issues which may affect food choice, I can discuss how this could impact on the individual's health.

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Third Level HWB 3-36a

Using my knowledge of nutrition and current healthy eating advice, I can evaluate the information on food packaging, enabling me to make informed choices when preparing and cooking healthy dishes.