

Health and Well-being - Food and Health
Fourth Level HWB 4-30a

Having researched food and health policy, and dietary legislation, I can explain how this impacts on individuals, the community and the world of work.

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I can apply my knowledge and understanding of nutrition, current healthy eating advice and the needs of different groups in the community when planning, choosing, cooking and evaluating dishes.

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Having identified diet-related conditions, I can adapt and cook recipes to suit individual needs.

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Having assessed how lifestyle or life stages can impact on people's nutritional needs, I can explain how these needs are met.

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Having explored the conditions for bacterial growth, I can use this knowledge to inform my practice and control food safety risks.

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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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Having investigated the effects of food processing on the nutritional value of foods, I can critically assess the place of processed foods in a healthy balanced diet.

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I have examined and evaluated food packaging and can understand the legal requirements for manufacturers.

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By investigating different influences on the consumer, I can discuss how consumers can be influenced by external sources.

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I can explain basic legal rights and responsibilities of the consumer, recognising the agencies that can help.

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