

**East Renfrewshire Council: Education Department
Practitioner Moderation Template**

Prior to the moderation exercise, please complete the following information and submit it to your facilitator with assessment evidence from one learner that you judge to have successfully attained the Es' and Os'.

Experiences and Outcomes:

- 1. Having explored a range of issues which may affect food choice, I can discuss how this could impact on the individual's health. (HWB 3-34a)**
- 2. By taking part in practical food activities and taking account of current healthy eating advice, I can prepare healthy foods to meet identified needs. (HWB 3-30a)**

Learning Intentions: I can:

- Explore a range of issues which affect people's food choices
- Explore how these choices might affect the persons health
- Make links between food choices and current healthy eating advice
- Prepare food that meets specific health needs

Success Criteria: I can:

1. Identify and explain some factors that could influence food choice.
2. Explain the potential impact of these choices on health.
3. Demonstrate and understand current dietary advice.
4. Prepare a dish that meets specific health needs

Briefly outline the context and range of quality learning experiences that have been provided making reference to the chosen design principles.

1. Evidence 1: Transcript of learner's contribution to group/class discussion on issues affecting food choice and impacts on health.
2. Evidence 2: Learner's PowerPoint on issues affecting food choice and impacts on health.
3. Evidence 3: 'Love your Lunch' activity – answers to article on school lunches, record sheet, worksheet and photographs making links between dietary advice and specific health needs.
4. Evidence 4: Learner feedback.

Record the range of assessment evidence that was gathered to meet the success criteria (Say, Write, Make, and Do) considering breadth, challenge and application.

Say

Factors affecting food choice activity – group/class discussion re the points/comments raised and effects on health

Write

PP presentation on factors that affect food choices
Feedback sheet
Answers to newspaper article

Group discussion

Learner Evidence: Transcripts of Oral Evidence

Learner's contribution to group (4 pupils) discussion on how age affects food choices

"Coming to high school (from primary) my diet has got a bit healthier but I still make healthy choices..."

"Teenagers are probably the most unhealthy...if you go onto SnapChat on a Saturday night all the girls are going on about their "munchy boxes" which is like donar meat, chips, grilled chicken...I was looking at Erin and Amy's SnapChat...2 pizza boxes, 3 big, huge boxes of something then another cookie box then whatever...chicken wings"

"...Very bad on health, I've been told that a munchie box is above 3000 calories, that's not very good...you can get a small, medium or large...4 of you could eat one for dinner and you'd still have some for tomorrow's dinner...you could get diabetes or obesity or heart problems and it's bad for your fitness and your brain health...you could look down and not see your toes and someone might walk by and laugh...like Daniel said that girls eat ice-cream when they cry...someone could call you fat and you could start crying...the circle of fatness or munchieness...if you feel bad about how fat you are you might not want to go out and start phoning in take-aways and get fatter".

"People my parent's age like, they can eat a bit unhealthy, my parents can have a lunch break they can hop in the car and go to KFC ...depending on how they are feeling or maybe a donor kebab...or go to Morrisons and buy one of those ready-made sandwiches or one of those little bags of apples – we can't really walk to the supermarket they are a bit far...and we're lazy...I don't know, my parents like they don't really eat unhealthy...my mum doesn't really eat unhealthily by my dad is not fat, fat but has got a bit of beer belly or something"

"Grandparents tend to be fatter as they don't have much activity...my granny is 80 something my gran doesn't eat unhealthy...my mum will make soup, vegetable soup and bring it up to her she'll still make food herself. They are probably healthier as they can't get out and go to McDonalds or something like that."

Demonstrates an understanding of how factors (age) can influence food choices and potential impacts to health.

Learner's feedback to class on group discussion

Teacher: "What are some of the changes in food choices having moved from primary to secondary school?"

Learner: "So like when you go from primary to high school you get like control over your money so you can go and spend it on whatever you like like McDonalds you are not limited to like the disgusting little chippy...it's good and it's bad – at primary school if you don't like what's in the canteen you go hungry for the rest of the day at high school you've got more choice..."

Teacher: "What are the impacts on health?"

Learner: "Can be bad for health you can get fat, depressed and diabetes"

Teacher: "What type of diabetes?"

Learner: "Type 2 diabetes"

Demonstrates an understanding of how factors (age) can influence food choices and potential impacts to health.

PP Presentation

Factors That Might Affect Food Choices

By Learner

I can identify and explain some factors that could influence food choice.

In what way?

Job

- Athletes have to eat very healthy things such as loads of carbohydrates e.g. pasta. This gives them slow energy release to let them run around for longer. They also eat lots of chicken because it is less fatty and gives them protein to heal them when they hurt themselves. Salads will give them vitamins and minerals to keep them healthy. They might get a little bit of sugar to play football or do another active sport to give them energy but it will not last as long as the pasta so is better to eat the sugar between a game. ✓
- Also people who need to get up early for work may skip breakfast as it might make them late or it might be too much hassle. This is bad because they will have no fuel or energy to get started so might feel tired, and not able to concentrate until they eat. ✓
- The more physical the job you do the more energy you need because a builder will need lots of carbohydrate to build things but a computer worker who sits at the computer will put on weight if he eats lots of carbohydrate and does not move about the office to burn it off. ✓

You have made some good points here!

I can explain the potential impact of these choices on health.

It is good that you made the link between manual and sedentary workers but what would happen if the sedentary workers ate too much fat?

I can identify and explain some factors that could influence food choice.

Likes/Dislikes

- People may not like things such as vegetables or fruit but may like things that are high in sugar like chocolate and sweets and fatty foods and junk foods like crisps and takeout's. It is hard to get people to eat healthy because unhealthy food tastes good and a lot of money is used to advertise unhealthy foods. ✓
- Other people may not like fish so they may not be getting the nutrients from the fish like omega 3 and 6 fatty acids. Other people may not like milk or dairy products therefor not getting calcium to give them strong bones. Young children also need the milk to help them grow.
So what other foods could they eat to provide these nutrients? ✓

I like the fact that you can see how media pressure affects our choices!

I can explain the potential impact of these choices on health.

Age

- Old people may not be getting what they need as they are unable to go to the shops and buy things that they need for survival. If they can't get out of the house they will not get Vitamin D so might have to take this in a fortified food like a low fat spread for their sandwich. ✓
- They need to watch not to take too much energy if they can't move around as this could make them put on weight if they don't get the balance right. ✓
- Old people should eat fibre to help them do the toilet. We get fibre from the plants we eat like corn and wholemeal bread. ✓
- Babies have to eat food with no lumps to stop them chocking. They need lots of protein and Vitamin A to help them grow. This is the same for older children until they have stopped growing at about 19 years. ✓
- Teenage girls need iron for healthy blood during their period. ✓

I can identify and explain some factors that could influence food choice.

I can explain the potential impact of these choices on health.

You have linked your learning well here!

• All the points you mention are valid •
but what about toddlers and children? ✓

Healthy eating

- Many people don't eat things they need as they like the taste of unhealthy things like chips, fried food and MacDonal'd's because the taste good. ✓
Too much fat can cause us to have a heart attack so we need to look at the Eatwell Guide and the Scottish Dietary targets to see what is right for us to eat. - Good link to fat here as you didn't mention it in the 'Job' slide.
- We also should think about the amount of food we eat because too big a portion of something gives us lots of calories and if we don't balance what we eat with the exercise we do we can become obese. If we do get to be obese we can then have a heart attack. ✓

I can identify and explain some factors that could influence food choice.

I can explain the potential impact of these choices on health.

This is a good, informative PP.

Here are some things to consider:-

- ~~Why including plenty of fruit + vegetables in their diet is good for health~~
- You said about eating salad to get a supply of fruit/vegetables. A lot of young people do not like fruit/vegetables, how would you encourage them to eat their 5 a day.
- What other foods can people include in their diet if they do not like 'dairy' foods?

Current Dietary Advice: Love Your Lunch Activity

Our diet in Scotland is poor. Scotland has a diet that is too high in calories, fat, sugar and salt and too low in fibre, fruit, vegetables and other healthy foods like oil rich fish.

Obesity in particular is an issue in Scotland with 2 out of 3 people being overweight or obese (Food Standards Scotland, 2016).

Read the Scotsman's article "Heart attack in a lunchbox - is this your child's school snack?"

- 1. How many five-year-olds are overweight in Scotland?

1 in 5 are overweight ✓

- 2. On average, how many grams of sugar were the 11 and 12-years-olds in Fife consuming at lunch time?

The average was 36grams ✓

- 3. Do you agree with the claim that school meals are 'so healthy' that young people are shunning them for burger vans, bakeries and the local kebab shop? Explain your answer.

No it isn't as the children don't like the food or sometimes it is that the meals are so small that you feel hungry even after the meal. Many kids don't want things on the menu so go out for lunch.

I can identify and explain some factors that could influence food choice.

So, are you saying that it's not like the meals are too healthy but you don't like the choice, quality and size of the portions?

- 4. What are the health concerns of people who are overweight or obese?

The health concerns are that their arteries can clog and therefore lead to a heart attack or a stroke. Also they could get diabetes as they are eating too much sugar. They could also be unable to do everyday things.

I can explain the potential impact of these choices on health.

Remember that it is Type 2 diabetes - this is the real concern for people who are obese esp. younger people.

- 5. How can the Eatwell Guide and the Scottish Dietary Goals be used to help people lose weight and manage their diet?

They give advice on how to help your diet and to check if every meal matches the goals. Also the guide says what you should have more of or less of for a healthy diet and how to stay fit and healthy.

I can demonstrate and understand current dietary advice.

Love Your Lunch record sheet

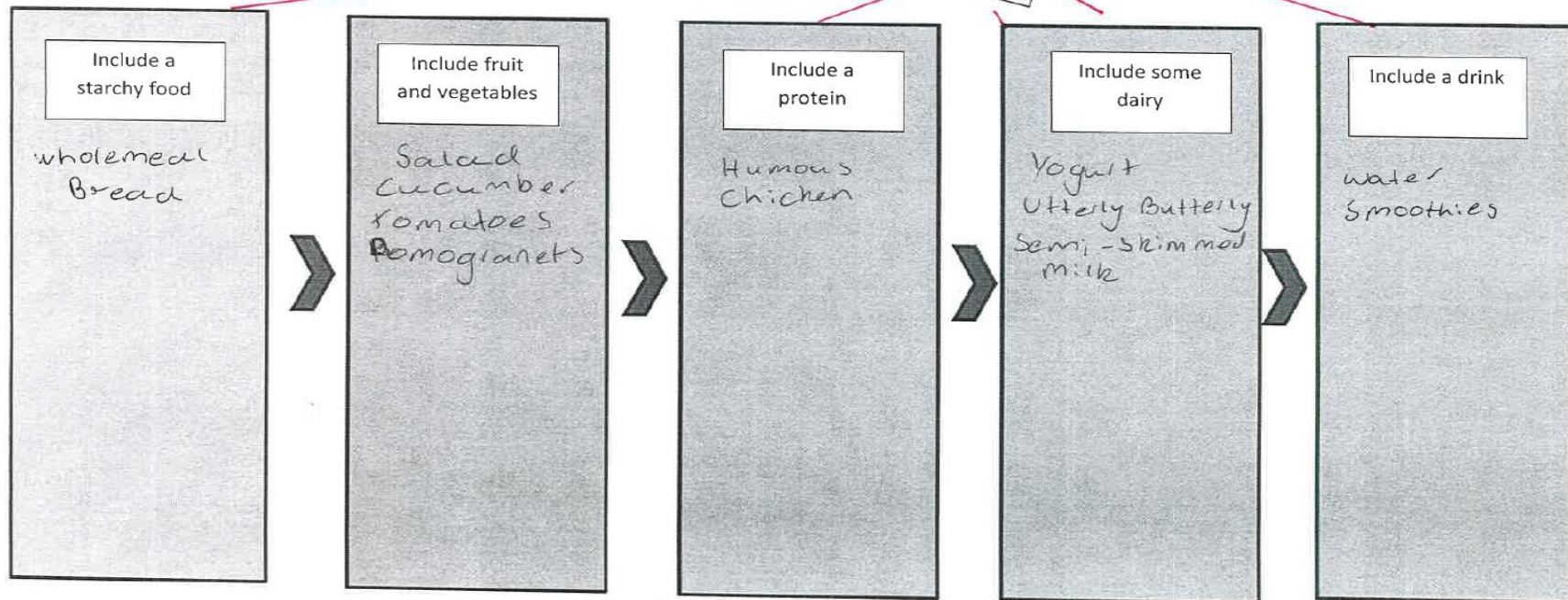
Pupil:

Class:

Using your knowledge of factors that affect food choices and the results such food choices can have on health, design and make a lunch for a teenager who is overweight and is trying to follow a diet that links to current healthy eating advice.

Use the Love Your Lunch template to help you.

I can demonstrate and understand current dietary advice.



Oral feedback provided.

1. Add your lunch menu to the menu box below
2. Label the Eatwell Guide sections and place your ingredients into the correct section.
3. Complete the table on meeting Scottish Dietary Goals

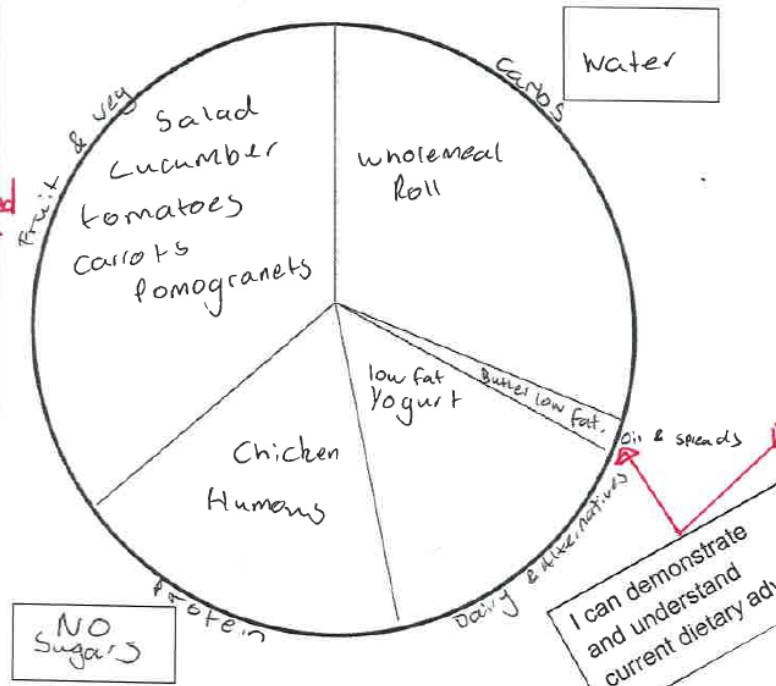
I can explain the potential impact of these choices on health.

Menu

Insert your lunch menu here:

low fat as stated in guide app.

A buttered wholemeal roll with salad and chicken. With a side of pomogranets carrot sticks and humous and for desert a yogurt and a glass of water.



I can demonstrate and understand current dietary advice.

Scottish Dietary Goal	Goal Met? (Y/N)	Impact to health
Reduce fat	Y	Can make you not become obese.
Reduce red meat	Y	Makes your arteries to clog and could lead to heart attack.
Reduce free sugar	Y	stops our teeth from rotting.
Reduce salt	Y	Makes you not as likely to have a stone.
Increase fruit and veg	Y	Fills you up so you are less likely to eat junk. <i>Remember vitamins + minerals!</i>
Increase oily fish	N	contains omega 3 & 6 which prevent heart disease.
Increase starchy carbs	Y	Provides a slow release of energy.
Increase fibre	Y	Prevents constipation and bowel disease.

Peer assessment: Does your partner love your lunch? Do they think it meets current healthy eating advice?

Seems nice, wouldn't prefer to eat it over my own lunch, Thanks for trying. ☺ More fruit It's healthy for an overweight person.

Practitioner Moderation Template

Learner Evidence



I can prepare a dish that meets specific health needs.

I can demonstrate and understand current dietary advice.