

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:

*HWB 3-30 a - by Taking part in practical Food activities and taking account of healthy eating advice I can prepare healthy foods to meet Identified Needs*

*HWB 3-34a - having explored a range of issues, which may affect food choice, I can discuss how this would impact on the individuals health*

LIT 3-05a

*As I listen or watch, I can make notes and organise these to develop thinking, help retain and recall information, explore issues and create new texts, using my own words as appropriate.*

Learning Intentions:

Pupils are made aware of Scottish Dietary Targets and the impact on health.

Pupils can prepare food safely and hygienically, whilst being aware of the link between dishes and specific dietary targets

Success Criteria:

I can produce a range of healthy dishes and recall the link to Dietary Targets

I can describe the Scottish Dietary Targets and why each one is important to health

I am able to explain the effect each Dietary Target has on my health and those around me

I am able to make healthy food choices and cook which foods I should eat to stay healthy

I can explain why some individuals should make specific food choices and why this benefits their health

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

**Background lessons**

Lessons 1 – 8 – Powerpoint, discussion and written Dietary Targets

Lessons 8 – 12 Pupils use this information to make Chatterboxes and take part in a Class league which enables them to recall and embed the information.

Lessons 13 – 14 Pupils take part in Spoons & Graters group Q & A to revise Dietary Target knowledge.

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

Pupils create Chatterbox using powerpoint notes and discussion and have marking grid which records their scores and what they have learned.

Pupils take part in Q & A using Spoons & Graters group work to embed knowledge of Dietary Targets.

Make – practical food activities ?

Briefly outline the oral/written feedback given to the pupil on progress and next steps, referring to the learning intention and success criteria.

Chatterbox – Oral feedback is given by peer by correct answer being provided.  
Feedback also possible from teacher checking marking scheme.

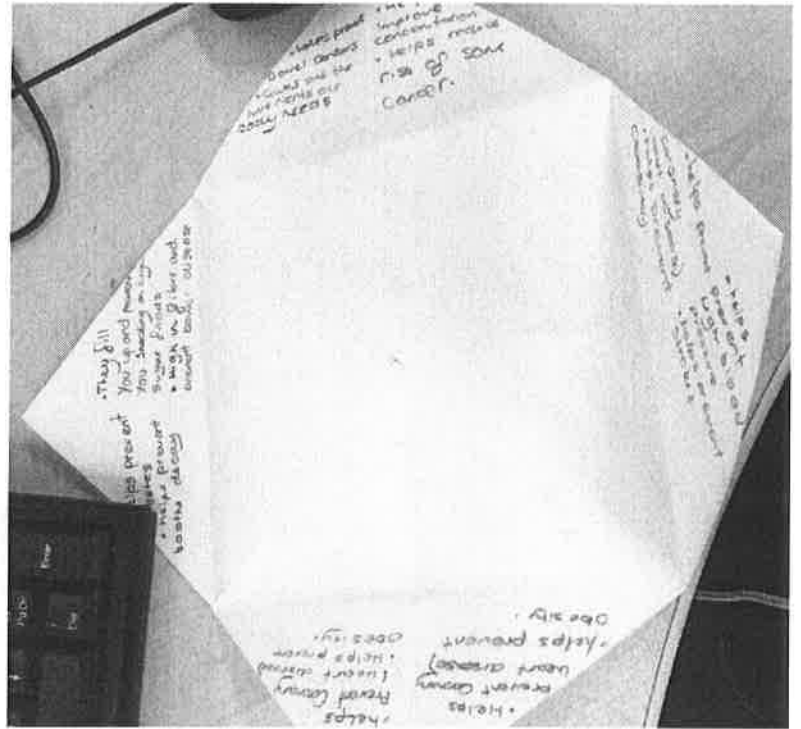
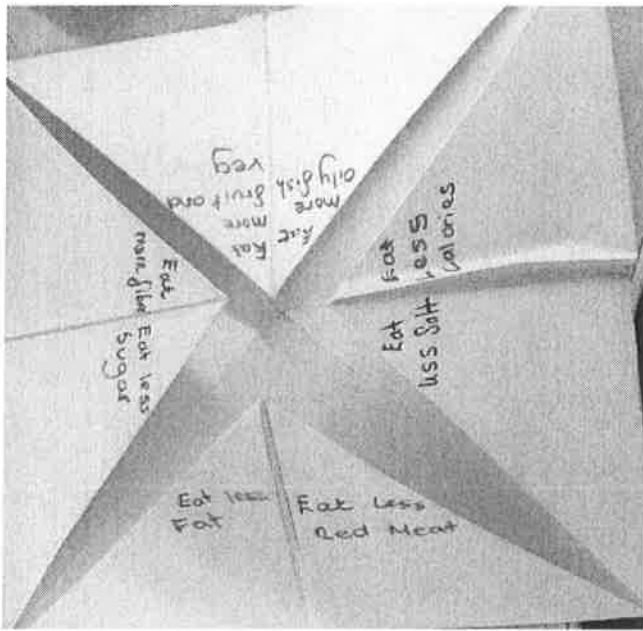
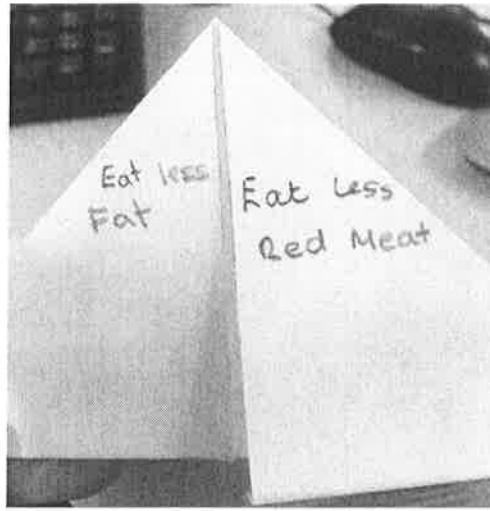
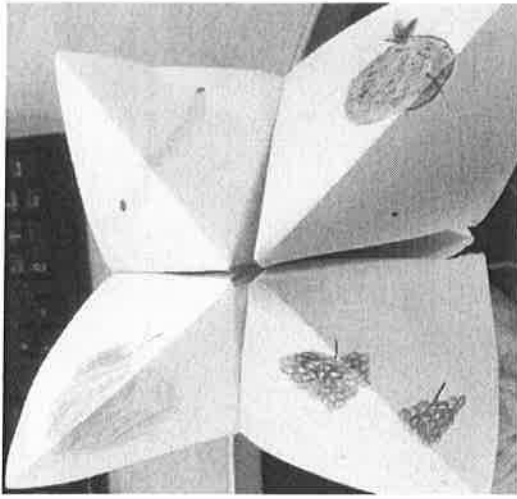
Spoons & Graters – Teacher overview can referee progress and differentiate level of Questioning appropriate to Levels.

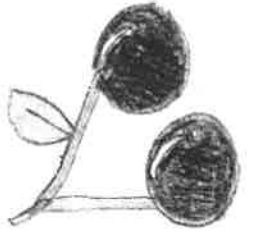
Pupil Voice:

What have you learned? How did you learn? What skills have you developed?

- I have learned the dietary targets and how eating certain foods can affect your health and how other foods can help prevent illnesses.
- We learned how to cook and clean by practising in the kitchen. We learned our Dietary Targets by using our chatterboxes we made in class. That was a fun, better way of learning instead of writing notes and the chatterboxes helped be remember stuff for my test.
- I have learned how to cook safely and how to clean up properly after cooking.

Did the learner successfully attain the outcomes? YES/NO





Eat Less Calories

Eat Less Red Meat



Helps with cholesterol  
High protein  
Low fat

Helps with blood pressure  
Helps with heart disease  
Helps with diabetes

Eat Less Fat



Helps with cholesterol  
Helps with blood pressure  
Helps with heart disease

Prevents bowel problems  
Good for heart  
Good for body

Eat more Fruit & vegetables

Eat Less Salt



Helps with blood pressure  
Helps with heart disease  
Helps with kidney disease

Eat Less Sugar

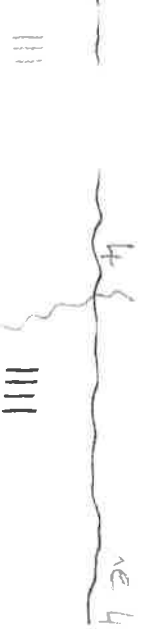


Helps prevent diabetes  
Helps prevent heart disease  
Helps prevent obesity

Eat Less Fat



Eat more grains



### Spoons and Graters

As you'll probably guess, this is an HE variation of Snakes and ladders.

1. Having completed their Chatterbox league in pairs, pupils go into groups (roughly 3/4), pick a dice roller, a counter mover and a spokesperson.
2. Each group gets thirty seconds on the "tools net countdown timer" to answer a Dietary Target related question.
3. If they fail to answer it is passed on until the question is correct.
4. A double gets two rolls, first answer only is accepted etc.



## Pupil Voice:

What have you learned? How did you learn? What skills have you developed?

- I have learned the dietary targets and how eating certain foods can affect your health, and how other foods can help prevent illnesses.
- We learned how to cook and clean by practicing in the kitchen. We learned our dietary targets by using chatter boxes we made in class. That was a fun, better way of learning instead of writing notes, and the chatter boxes helped us remember stuff for my test.
- I have learned how to cook safely and how to clean up properly after cooking.

S2 Dietary Targets August 2016

Lesson	<b>Learning Intention</b> Pupil should always write LI in diary.	<b>Outcome/ Experiences &amp; SigAL</b>	<b>Teaching &amp; Learning Activities</b>	<b>Homework</b>	<b>SigAL</b>	<b>Resources</b>	<b>Assessment</b>
1	New Dietary Targets 2016  Success Criteria – Pupils are made aware of Consequences of poor diet.		Take Register  Teacher led discussion on page 1 of Dietary targets Powerpoint. See notes  Pupils begin to make a coloured Spider graph of Dietary Targets in the first page of their jotters.  Homework Diaries – Bring Tub, Cloth & towel for Wholemeal scones link to Fibre Next Cooking period.			Powerpoint  Jotters Coloured Pencils	Verbal Q & A & Discussion
2	Understanding why We should Eat more Fibre and East more Oily Fish important to Health		Discussion of Health benefits Use powerpoint  Teacher led discussion on 'Eat More Fibre & Eat More Oily Fish' Pupils Enter Target per page in jotter with two benefits to health each.  Homework Diaries – Bring Tub, Cloth & towel for Next Week.			Jotters  Powerpoint:	
3	Pupils Prepare Wholemeal Scones and link it to Dietary Targets  Success Criteria – Completion of Wholemeal Scones And link to targets		& note equipment/homework Teacher demonstration of dish  <b>Pupils make Wholemeal scones</b>  Discuss Finished results centred around display of all pupils dishes			Ingredients and recipe for Wholemeal Scones	

■ = Active Learning

■ = Differentiation

S2 Dietary Targets August 2016

Lesson	<b>Learning Intention</b> Pupil should always write LI in diary.	<b>Outcome/ Experiences &amp; SigAL</b>	<b>Teaching &amp; Learning Activities</b>	<b>Homework</b>	<b>SigAL</b>	<b>Resources</b>	<b>Assessment</b>
4	Understanding why we should Eat more Fruit and Veg and Eat Less Calories important to Health		Discussion of Health benefits Use powerpoint  Teacher led discussion on Eat more Fruit and Veg and Eat Less Calories  Pupils Enter Target per page in jotter with two benefits to health each.  Homework Diaries – Bring Tub, Cloth & towel for Next Week.				
5	Pupils Prepare and link it to Dietary Targets  Success Criteria – Completion of		& note equipment/homework Teacher demonstration of dish  <b>Pupils make</b>  Discuss Finished results centred around display of all pupils dishes				
6	Understanding why -Eating less Fats and -Eating Less Red Meat important to Health		Discussion of Health benefits Use powerpoint  Teacher led discussion on 'Eating less Fats and Eating Less Red Meat  Pupils Enter Target per page in jotter with two benefits to health each. Homework Diaries – Bring Tub, Cloth & towel for Next Week.				

 = Active Learning

 = Differentiation



S2

## Dietary Targets August 2016

Lesson	Learning Intention Pupil should always write LI in diary.	Outcome/ Experiences & SigAL	Teaching & Learning Activities	Homework	SigAL	Resources	Assessment
7	Pupils Prepare  and link it to Dietary Targets  Success Criteria – Completion of		& note equipment/homework Teacher demonstration of dish  <b>Pupils make</b>  Discuss Finished results centred around display of all pupils dishes				
8	Understanding why -Eating less Sugar and -Eating Less Salt important to Health		Discussion of Health benefits Use powerpoint  Teacher led discussion on 'Eating less Sugar and Eating Less Salt  Pupils Enter Target per page in jotter with two benefits to health each. Homework Diaries – Bring Tub, Cloth & towel for Next Week.				
9	Pupils recall dietary targets		Teacher led discussion on how to make Chatterboxes  Pupils Observe dem and Use Jotters to write up chatterboxes in prearation for Dietary league.			A£ paper Coloured pencils Jotters D.T. lilac sheets	

 = Active Learning

 = Differentiation

S2 Dietary Targets August 2016							
8	I can evaluate my diet and activity level and make targets for maintaining health.		<p><b>ICT Activity</b>  Pupils log in to <a href="http://www.foodafactoflife.org.uk/flash/mywellbeing.html">www.foodafactoflife.org.uk/flash/mywellbeing.html</a></p> <p>Pupils should choose a typical day's diet and then select their activity level.  After completing their food and activity diaries the programmes will evaluate their diet and activity level.  Pupils can make targets for future health &amp; wellbeing.</p> <p>Pupils should complete booklet up to page 21</p>			<p><b>ICT booking required</b></p> <p>Pupil Booklet</p> <p>Coloured pencils</p>	

**Possible Outcomes**

*HWB 3-30 a - by Taking part in practical Food activities and taking account of healthy eating advice I can prepare healthy foods to meet Identified Needs*

*HWB 3-34a - having explored a range of issues, which may affect food choice, I can discuss how this would impact on the individuals health*

*Lit 3-21a - I can use a range of strategies and resources and spell most of the words I need to use, including specialist vocabulary, and ensure that my spelling is accurate.*

**Success Criteria**

■ = Active Learning

■ = Differentiation

# Scottish Dietary Targets

- Eat More Fibre
- Eat More Oily Fish
- Eat More Fruit & Vegetables
  
- Eat Less Calories
- Eat Less Red Meat
- Eat Less Fats
- Eat Less Sugar
- Eat Less Salt

# Eat More Fibre

Why??

Health Benefits

Fruit and vegetables and their skin, along with brown pasta, brown rice, brown/wholemeal bread and some cereals provide Fibre (sometimes known as NSP) which

- Helps prevent - bowel disease
- They fill you up & prevent you snacking on high sugar foods

Write the heading "Eat More Fibre " In big coloured writing.

Then Write the sub heading " Health Benefits" in your jotters

Copy the first two bullet points in your jotter in colour.

Make sure these are copied exactly, as they are going to be used in our Dietary Target Game later in this unit.

## Eat More Fibre

### How?

- If you have a baked potato, you can coat the skin in olive oil and a coating like 'cajun spice' and eat the skin, its full of fibre.
- Fibre is found in the skin of lots of food like apples, pears even kiwi, which we often peel. If you make these into a salad and keep the skin on, its colourful and full of fibre
- If you're making a smoothie, keep the skin on the fruit, it just disappears when you liquidise it.

Write the heading in your jotters & then pick your two favourites and write them as bullet points in your jotter.

# Eat More Oily Fish

Why??

Health Benefits

Oily Fish

- Helps improve concentration
- Helps prevent - (brittle bones and osteoporosis)

Write the heading "Eat More Oily Fish" In big coloured writing. Then Write the sub heading " Health Benefits" in your jotters and copy the first two bullet points in your jotter. Make sure these are copied exactly, as they are going to be used in our Dietary Target Game later in this unit.

## Eat More Oily Fish

### How can we add fish to our diet?

- Fish can be used to replace some meat in certain dishes (e.g. stir fry, fish burgers, risotto)
- Oily fish can be used in a wide range of products (e.g. as a filling for pitta bread or pizza topping).
- Fish can be used to make soups and some sauces.
- Different types of fish can be used for a starter (e.g. prawn cocktail, mackerel pate).

Write the heading in your jotters & then pick your two favourites and write them as bullet points in your jotter.



# Eat Less Sugar

## Why??

### Health Benefits

A diet low in sugar

- helps prevent diabetes
- helps prevent tooth decay.



Write the heading "Eat Less Sugar" In big coloured writing. Then Write the sub heading " Health Benefits" in your jotters and copy the two bullet points in your jotter. Make sure these are copied exactly, as they are going to be used in our Dietary Target Game later in this unit.



## Eat Less Sugar

### How? discuss

- Eat fruit as a snack rather than sweets
- Low calorie/sugar free drinks and products should be used.
- Fruit tinned in natural juice is better than fruit tinned in syrup.

Write the heading in your jotters & then pick your two favourites and write them as bullet points in your jotter.

Watch the first 30 minutes of "The Truth About Sugar" & answer the questions on the worksheet.

:[https://www.youtube.com/watch?v=ONXNKacNU\\_4](https://www.youtube.com/watch?v=ONXNKacNU_4)

# Eat More Fruit & Vegetables

Why??

Health Benefits

**Fruit and vegetables provide NSP which**

- Helps prevent - cancer of colon & Bowel Disease
- Gives all the nutrients our body needs

Write the heading "Eat More Fruit & Vegetables " In big coloured writing. Then Write the sub heading " Health Benefits" in your jotters and copy the first two bullet points in your jotter. Make sure these are copied exactly, as they are going to be used in our Dietary Target Game later in this unit.

# Eat More Fruit & Vegetables

## How? discuss

- Fruit can be eaten as a snack
- Fresh fruit juice can be used instead of sugary fizzy drinks
- Fruits can be added to many baked products (e.g. - muffins).
- Extra veg can be added to soups & stews
- A variety of salads and/or vegetables can be included with each meal
- Some vegetables (e.g. carrots, cucumber, celery) can be eaten as snacks

Write the heading in your jotters & then pick your two favourites and write them as bullet points in your jotter.

# Eat Less calories

## Why??

### Health Benefits

- Calories are energy which food provides. We burn off calories, when we exercise or carry out daily tasks, and therefore maintain a healthy weight. Eating less calories

- Helps prevent - Obesity
- Helps prevent- Coronary Heart Disease

Write the heading "Eat Less Calories" In big coloured writing. Then Write the sub heading " Health Benefits" in your jotters and copy the two bullet points in your jotter. Make sure these are copied exactly, as they are going to be used in our Dietary Target Game later in this unit.

# Eat Less Calories

## How?

-Get your teacher to Google

'Healthy Daily Calorie Intake for Boys & Girls' of your age.

- If you study the labels on food products you eat you will be able to see how much energy/calories are in the food you eat.
- If you are doing a lot of exercise you will need to eat more calories in order for your body to have enough energy to fulfil all the exercise you do.

Watch: <https://www.youtube.com/watch?v=VEQaH4LruUo>

- Remember calories come in different forms, sugary & fatty calories are "NOT GOOD", so try to cut down on these.

Watch : <https://www.youtube.com/watch?v=UDgeaAMdYIY>

<https://www.youtube.com/watch?v=xmxeqDdrzb8>

Write the heading in your jotters & then pick your two favourites and write them as bullet points in your jotter.

# Eat Less Red Meat

## Why??

### Health Benefits

- Although red Meat contains a lot of Protein which is good for repairing muscles and cells. There is a lot of fat in meat and too much may cause:

- Can Cause- Obesity

- can Cause - Coronary Heart Disease

Watch - <https://www.youtube.com/watch?v=i-5StqwHdIO>

Write the heading "Eat Less Red Meat " In big coloured writing. Then Write the sub heading " Health Benefits" in your jotters and copy the two bullet points in your jotter. Make sure these are copied exactly, as they are going to be used in our Dietary Target Game later in this unit.

# Eat Less Red Meat

## How?

-Get your teacher to Google

What can too much red meat do to us?

- If want to eat a stir fry with meat in it, you can change red meat, like beef for white meat, like chicken.

- If you Reeeeeeeeeaaaaally love red meat you can choose 'Lean Meat', or if the shopper in your family goes to the butcher for meat, ask if they can cut off the fat!!

- Remember you need some red meat, but not too much!!

Write the heading in your jotters & then pick your two favourites and write them as bullet points in your jotter.



## Eat Less Salt

### Why??

Health Benefits  
a diet low in salt

- helps prevent high blood pressure or hypertension
- helps prevent Strokes

Write the heading "Eat Less Salt" In big coloured writing. Then Write the sub heading " Health Benefits" in your jotters and copy the two bullet points in your jotter. Make sure these are copied exactly, as they are going to be used in our Dietary Target Game later in this unit.