

Health and Wellbeing: Home Economics



Nurtured

For me this could be:

- Producing dishes individually or in a small group to match requirements given by my teacher

Examples of this in action:

- Teachers help pupils to develop cooking skills

Active

For me this could be:

- Planning a practical task taking account of food safety principles and applying appropriate safe and hygienic methods of practice

Examples of this in action:

- Pupils following instructions and carrying out tasks understanding the importance of cooking food thoroughly

Achieving

For me this could be:

- Applying prior knowledge and understanding of nutrition and current dietary advice when selecting packaged food

Examples of this in action:

- Pupils using information on food packaging to make informed choices about what they cook outside of the classroom

Respected

For me this could be:

- Using my knowledge of nutrition and healthy eating principles to evaluate information on food packaging and make informed choices when preparing and cooking healthy dishes

Examples of this in action:

- Pupils applying prior knowledge and understanding of nutrition and current dietary advice when selecting packaged foods

Healthy

For me this could be:

- Taking part in practical activities, applying healthy eating advice and using healthy foods
- Identifying key nutrients, their sources and functions and linking energy, nutrients and health

Examples of this in action:

- Thinking about dietary advice when planning and cooking dishes
- Classifying foods according to main nutrient and investigating energy expenditure against energy content in foods

Responsible

For me this could be:

- My understanding of the nutritional needs of people with different conditions and requirements
- Being able to discuss how food choice can impact on an individual's health

Examples of this in action:

- Brainstorming and investigating factors which affect an individual's nutritional needs
- Identifying issues and suggesting practical solutions

Safe

For me this could be:

- Applying food safety principles when buying, storing, preparing, cooking and consuming food

Examples of this in action:

- Carrying out cooking tasks safely and hygienically

Included

For me this could be:

- Enjoyment of eating a diversity of foods in a range of social situations

Examples of this in action:

- Selecting and classifying foods according to food groups and planning simple meals suitable for different social occasions

