

Subject: Food & Hospitality

Golden Concept: Develop Knowledge in Healthy Eating

Purpose of knowledge in healthy eating:

Understanding healthy eating habits helps individuals make informed choices about their diet, which can contribute to maintaining a healthy weight, reducing the risk of chronic diseases such as heart disease, diabetes, hypertension, and certain cancers, and improving overall physical well-being. Healthy eating is linked to improved mental health outcomes, including reduced risk of depression, anxiety, and mood disorders. Nutrient-rich foods can support cognitive function, enhance mood stability, and promote overall emotional well-being. Knowledge of healthy eating helps individuals choose foods that sustain energy levels throughout the day and prevent energy crashes.

Assessment: Assess knowledge of key nutrition concepts, such as the roles of macronutrients (carbohydrates, proteins, fats), micronutrients (vitamins, minerals), dietary fibre, and hydration through tests and quizzes. Ask open-ended questions to gauge understanding of topics such as portion control, food labelling, meal planning, and the relationship between diet and health outcomes. Have individuals design balanced menus for different occasions (e.g., breakfast, lunch, dinner) based on nutritional principles, dietary guidelines, and cultural preferences. Provide constructive feedback on individuals' knowledge, skills, and behaviours related to healthy eating. Offer personalized recommendations for setting and achieving nutrition goals, overcoming barriers to healthy eating, and adopting sustainable dietary habits.

Cross curriculum:

Science: Explore the biological processes involved in digestion, metabolism, and nutrient absorption. Study the role of vitamins, minerals, and macronutrients in maintaining health. Investigate the chemical composition of foods, including carbohydrates, proteins, fats, vitamins, and minerals. Discuss sustainable food choices and their implications for environmental conservation.

Mathematics: Explore concepts of portion sizes, serving sizes, and food ratios. Analyse nutritional labels and food packaging to calculate calories, macronutrient content, and recommended dietary allowances. Create meal plans, grocery lists, and budgets based on nutritional needs and dietary preferences. Compare the cost-effectiveness of homemade meals versus pre-packaged foods.

History/Geography: Explore the cultural significance of food in different societies and historical periods. Investigate traditional food practices, agricultural traditions, and food rituals from around the world.

PSHE: Explore the connection between nutrition, exercise, and physical fitness. Discuss pre- and post-workout nutrition, hydration strategies, and the role of carbohydrates, proteins, and fats in fuelling athletic performance.

Key Stage 1 - 2: Introduce the concept of healthy eating by discussing different food groups and their benefits. Share concepts such as the importance of eating fruits and vegetables, drinking water, and consuming balanced meals. Categorize foods into basic groups like fruits, vegetables, grains, proteins, and dairy. Discuss portion sizes and the importance of moderation in eating. Introduce basic food safety principles, such as storing food properly and avoiding cross-contamination during meal preparation.

Key Stage 3 – 4: Explore the science behind nutrition, including macronutrients, micronutrients, and their roles in the body. Encourage critical thinking about food marketing, fad diets, and nutrition misinformation. Build upon basic cooking skills with more complex recipes and techniques, focusing on homemade meals and healthy substitutions. Develop skills related to meal planning, budgeting, and grocery shopping for healthy foods. Introduce food preservation methods, food packaging, and food innovation.

Key Stage 5-7: Dive deeper into advanced nutrition topics, including metabolism, dietary guidelines, and nutritional research. Throughout these key stages, emphasis should be placed not only on knowledge acquisition but also on practical skills development, critical thinking, and behaviour change strategies that support lifelong healthy eating habits. Effective integration of healthy eating education across key stages prepares individuals to make informed decisions about food and nutrition, leading to improved health outcomes and overall well-being.