

Deyes High School Remote Learning

Engage, Enable and Empower



DEYES
HIGH
SCHOOL
LYDIATE
LEARNING TRUST

Year 7 Food and Nutrition

Work for individual students not attending school

Half Term 2: January to February

Pupils who are absent should select the activity that they are up to. Click on the link in the activity box below. This will take you to Office 365 where the work is stored. In the lesson it will tell the pupil if they need to submit the work to their teacher.

Lessons

Date (week commencing)	Lessons	Focus/Topic/Theme	Hyper link to Activity
4/1/21	1	Healthy eating meal planning. Explain your reasons for choice for each meal. Refer to protein, fat, carbohydrates, calcium, iron, vitamins. Breakfast meal plans	Year 7 Food booklet https://deyes.sharepoint.com/:f:/r/sites/shadowcurriculum/Documents/Food%26Nutrition/Year%207?csf=1&web=1&e=tszvmv Use your Knowledge Organiser and booklet to plan 3 days of breakfast ideas with reasons.
11/1/21	2	Lunch meal plans	Plan 3 days of well balanced lunches with reasons for choice
18/1/21	3	Tea meal plans	Plan 3 days of well balanced teas with reasons for choice
25/1/21	4	Drinks and snacks	Plan 3 days of nutritious drinks and snacks with reasons for choice
1/2/21	5	New school canteen menu,	Plan a nutritious new school canteen menu with reasons for choice.
8/2/21	6	Packed lunch meal plan	Plan 3 packed lunch ideas with reasons.
15/2/21	7	Revise nutrition and complete assessment.	Use your Knowledge Organiser and booklet to revise.



Who to contact

You can email **your class teacher** if you have any questions regarding the activities set.

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