

## Child Development Annual Termly Plan – 2022-2023

Class: 11/Cd1

POS: Year 11 Annual 2022 - 2023

Week (PoS)	Lesson Topic
1.1	<p><b>RO19 LO3</b> <b>Know the nutritional guidelines and requirements for children from birth to five years</b></p> <p>Current government dietary guidelines -The Eatwell Guide -Making healthy choices</p> <p><b>Coursework Task 1</b> – Introduction</p>
1.2	<p><b>RO19 LO3</b> <b>Know the nutritional guidelines and requirements for children from birth to five years</b></p> <p>The functions and sources of nutrients -Macronutrients (proteins, fats and carbohydrates)</p> <p><b>Coursework Task 2</b> – What are macronutrients?</p>
2.1	<p><b>RO19 LO3</b> <b>Know the nutritional guidelines and requirements for children from birth to five years</b></p> <p>The functions and sources of nutrients -Micronutrients (vitamins A, B group, C, D, E and K &amp; minerals)</p> <p><b>Coursework Task 3</b> – What are micronutrients?</p>
2.2	<p><b>RO19 LO3</b> <b>Know the nutritional guidelines and requirements for children from birth to five years</b></p> <p>The functions and sources of nutrients -Fibre and water</p> <p><b>Coursework Task 4</b> – Fibre and water</p>
3.1	<p><b>RO19 LO3</b> <b>Know the nutritional guidelines and requirements for children from birth to five years</b></p> <p>The functions and sources of nutrients</p> <p><b>Coursework Task 5</b> – Table of nutrients (name, function, source, recommendation for children)</p>
3.2	<p><b>RO19 LO3</b> <b>Know the nutritional guidelines and requirements for children from birth to five years</b></p> <p>The functions and sources of nutrients</p> <p><b>Coursework Task 5</b> – Table of nutrients (name, function, source and recommendation for child)</p>
4.1	<p><b>RO19 LO3</b> <b>Know the nutritional guidelines and requirements for children from birth to five years</b></p> <p>Current government dietary guidelines (revisit) -The Eatwell Guide</p> <p><b>Coursework Task 6</b> – The Eatwell Guide</p>

4.2	<p><b>RO19 L03</b>  <b>Know the nutritional guidelines and requirements for children from birth to five years</b>  Current government dietary guidelines (revisit)  -The Eatwell Guide</p> <p><b>Coursework Task 7</b> – The Government guideline initiatives</p>
5.1	<p><b>RO19 L03</b>  <b>Know the nutritional guidelines and requirements for children from birth to five years</b>  Nutritional requirements for stages of feeding children  -nutritional requirements for 0-6 months</p> <p><b>Coursework Task 8</b> – The recommended daily amounts for 0-6 months</p>
5.2	<p><b>RO19 L03</b>  <b>Know the nutritional guidelines and requirements for children from birth to five years</b>  Nutritional requirements for stages of feeding children  -nutritional requirements for 0-6 months</p> <p><b>Coursework Task 9</b> – The recommended daily amounts and a sample menu for 6-12 months</p>
6.1	<p><b>RO19 L03</b>  <b>Know the nutritional guidelines and requirements for children from birth to five years</b>  Nutritional requirements for stages of feeding children  -nutritional requirements for 1-5 years</p> <p><b>Coursework Task 10</b> – The recommended daily amounts and a sample menu for 1-5 year-olds</p>
6.2	<p><b>RO19 L03</b>  <b>Know the nutritional guidelines and requirements for children from birth to five years</b>  Nutritional requirements for stages of feeding children  -special dietary requirements</p> <p><b>Coursework Task 11</b> – Food allergies</p>
7.1	<p><b>RO19 L03</b>  <b>Know the nutritional guidelines and requirements for children from birth to five years</b>  <b>Coursework completion</b></p>
8.1	<p><b>RO19 L03</b>  <b>Know the nutritional guidelines and requirements for children from birth to five years</b>  <b>Coursework completion</b></p>
8.2	<p><b>RO19 L03</b>  <b>Know the nutritional guidelines and requirements for children from birth to five years</b>  <b>Coursework submission</b></p>
9.1	<p><b>RO19 L04</b>  <b>Be able to investigate and develop feeding solutions for children from birth to five years</b>  How to investigate feeding solutions  -Nutritional analysis (labelling, calories, software/apps and the Eatwell Guide/healthy eating)</p>
9.2	<p><b>RO19 L04</b>  <b>Be able to investigate and develop feeding solutions for children from birth to five years</b>  How to investigate feeding solutions</p> <p><b>Coursework task 1</b> – Introduction</p>

<p><b>10.1</b></p>	<p><b>RO19 L04</b>  <b>Be able to investigate and develop feeding solutions for children from birth to five years</b>  How to investigate feeding solutions  -Factors for consideration (nutrition, cost, time, practicalities/convenience and attractiveness/appealing meals)</p>
<p><b>10.2</b></p>	<p><b>RO19 L04</b>  <b>Be able to investigate and develop feeding solutions for children from birth to five years</b>  How to investigate feeding solutions    <b>Coursework task 2</b> – Explanation of factors for consideration (link to the Nursery)  -Nutrition  -Cost  -Time</p>
<p><b>11.1</b></p>	<p><b>RO19 L04</b>  <b>Be able to investigate and develop feeding solutions for children from birth to five years</b>  How to investigate feeding solutions    <b>Coursework task 2</b> – Explanation of factors for consideration (link to the Nursery)  -Practicalities/convenience  -Attractiveness/appealing meals</p>
<p><b>11.2</b></p>	<p><b>RO19 L04</b>  <b>Be able to investigate and develop feeding solutions for children from birth to five years</b>  How to investigate feeding solutions  -Hygiene practices (personal hygiene, room/equipment hygiene and sterilisation)    <b>Coursework task 3</b> – Explanation of hygiene practices for the Nursery  -Personal hygiene  -Room/equipment hygiene  -Sterilisation</p>
<p><b>12.1</b></p>	<p><b>RO19 L04</b>  <b>Be able to investigate and develop feeding solutions for children from birth to five years</b>  How to develop feeding solutions for babies aged 0-6 months  -Bottle feeding</p>
<p><b>12.2</b></p>	<p><b>RO19 L04</b>  <b>Be able to investigate and develop feeding solutions for children from birth to five years</b>  How to develop feeding solutions for babies aged 0-6 months  -Breastfeeding  -Combination feeding</p>
<p><b>13.1</b></p>	<p><b>RO19 L04</b>  <b>Be able to investigate and develop feeding solutions for children from birth to five years</b>  How to develop feeding solutions for babies aged 6-12 months  -Homemade and purchased foods  -Equipment and storage</p>
<p><b>13.2</b></p>	<p><b>RO19 L04</b>  <b>Be able to investigate and develop feeding solutions for children from birth to five years</b>  How to develop feeding solutions for children aged 1 to 5 years  -Planning balanced meals</p>
<p><b>14.1</b></p>	<p><b>RO19 L04</b>  <b>Be able to investigate and develop feeding solutions for children from birth to five years</b>  How to investigate feeding solutions</p>

	<p>-Hygiene practices (personal hygiene, room/equipment hygiene and sterilisation)</p> <p><b>Coursework task 4</b> – Plan a two-course meal for a 4-year-old -Equipment needed</p>
14.2	<p><b>RO19 L04</b> <b>Be able to investigate and develop feeding solutions for children from birth to five years</b></p> <p><b>Coursework task 5</b> – Plan a two-course meal for a 4-year-old -Convenience</p>
1.1	<p><b>RO19 L04</b> <b>Be able to investigate and develop feeding solutions for children from birth to five years</b></p> <p><b>Coursework task 6</b> – Plan a two-course meal for a 4-year-old -Ingredients</p>
2.1	<p><b>RO19 L04</b> <b>Be able to investigate and develop feeding solutions for children from birth to five years</b></p> <p><b>Coursework task 7</b> – Plan a two-course meal for a 4-year-old -Cooking instructions (method)</p>
2.2	<p><b>RO19 L04</b> <b>Be able to investigate and develop feeding solutions for children from birth to five years</b></p> <p><b>Coursework task 8</b> – Plan a two-course meal for a 4-year-old -Hygiene practices</p>
3.1	<p><b>RO19 L04</b> <b>Be able to investigate and develop feeding solutions for children from birth to five years</b></p> <p><b>Coursework task 9</b> – Plan a two-course meal for a 4-year-old -Nutrition elements within the main meal</p>
3.2	<p><b>RO19 L04</b> <b>Be able to investigate and develop feeding solutions for children from birth to five years</b></p> <p><b>Coursework task 10</b> – Plan a two-course meal for a 4-year-old -Nutrition elements within the dessert</p>
4.1	<p><b>RO19 L04</b> <b>Be able to investigate and develop feeding solutions for children from birth to five years</b></p> <p><b>Coursework task 11</b> – Cook the two-course meal</p>
4.2	<p><b>RO19 L04</b> <b>Be able to investigate and develop feeding solutions for children from birth to five years</b></p> <p>How to evaluate feeding solutions -Comparisons -Evaluating choices -Conclusions</p>
5.1	<p><b>RO19 L04</b> <b>Be able to investigate and develop feeding solutions for children from birth to five years</b></p> <p><b>Coursework task 12</b> – Evaluation -What went well? -Even better if...? -Changes if you cooked the meal again</p>

5.2	<p><b>RO19 LO4</b>  <b>Be able to investigate and develop feeding solutions for children from birth to five years</b></p> <p><b>Coursework task 13</b> – Evaluation  -Comparison to the Eatwell guide  -Factors: nutrition, cost, time, practicalities/convenience and attractiveness/appealing meals</p>
6.1	<p><b>RO19 LO4</b>  <b>Be able to investigate and develop feeding solutions for children from birth to five years</b></p> <p><b>Coursework task 14</b> – Evaluation  -Comparison to others in the market</p>
6.2	<p><b>RO19 LO4</b>  <b>Be able to investigate and develop feeding solutions for children from birth to five years</b></p> <p><b>Coursework task 14</b> – Completion</p>
7.1	
7.2	
8.1	
8.2	
9.1	
9.2	
10.1	
10.2	
11.1	
11.2	
12.1	
12.2	
1.1	
1.2	
2.1	
3.1	
4.1	

<b>4.2</b>	
<b>5.1</b>	
<b>5.2</b>	
<b>6.1</b>	
<b>6.2</b>	
<b>7.1</b>	
<b>7.2</b>	
<b>8.1</b>	
<b>8.1</b>	
<b>9.1</b>	
<b>9.1</b>	