

AQA Unit Award Scheme

Unit: Diet, Health and Nutrition

Unit code: 79817

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LO: Identify at least three food groups

Comments:

Assessed by:

□ Peer

□ Self

□ Teacher

Signed: Date:

LO: Identify at least 5 foods from each group

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LO: Identify why the body needs carbohydrates

Comments:

Assessed by:

□ Peer

□ Self

□ Teacher

Signed: Date:

LO: Identify the risks to the body of consuming too little/ too much carbohydrate

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LO: Identify why the body needs protein

Comments:

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□ Teacher

Signed: Date:

LO: Identify the risks to the body of consuming too little/ too much protein

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LO: Identify why the body needs fat

Comments:

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LO: Identify the risks to the body of consuming too little/ too much fat

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LO: Draw a balanced plate to identify the proportions of the following required for a healthy, balanced diet: bread, cereal and pasta, fruit and vegetables, meat, fish and alternatives, milk and dairy foods, fatty and sugary foods

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LO: Keep a food and drink diary for at least one week

Comments:

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LO: compare own diet with the healthy, balanced diet as identified in the food triangle or plate

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LO: comment on the results of the comparison and suggest possible changes to own diet.

Additional Evidence