

AQA Unit Award: Independent Living

Unit: 105609 PLANNING AND PREPARING A HEALTHY BUDGET MEAL

Entry Level: Entry LevelAQA Unit Award: Independent Living

Unit: 105609 PLANNING AND PREPARING A HEALTHY BUDGET MEAL

Entry Level: Entry Level

LO: To identify a recipe for a well balanced healthy meal

Teacher comments:

Signed: Date:

AQA Unit Award: Independent Living

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LO: To suggest at least one way to reduce the cost of the meal

Teacher comments:

Signed: Date:

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LO: To suggest at least one way to increase the number of fruit and vegetables in this meal

Teacher comments:

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LO: To work in a safe and hygienic way

Teacher comments:

Signed: Date:

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LO: To show knowledge of the five different food groups needed for a balanced diet

Teacher comments:

Signed: Date:

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LO: To create a healthy balanced main meal within a £1.20 per head budget

Teacher comments:

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LO: To take part in a discussion about how to reduce food costs while still maintaining a healthy balanced diet

Teacher comments:

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LO: To prepare and cook a healthy balanced meal on a budget.

Teacher comments:

Signed: Date:

Additional Evidence