




| National Diploma Health & Social Care Unit 19 Learning Aim A | Road Map | | | |
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| Nutritional Health The aims are as follows: LG1: Knowledge LG2: Application LG3: Skills | Assessment Grades | | | |
| | Topic A: Understand concepts of nutritional health and characteristics of essential nutrients | | | |
| | Nutritional Health | | | |
| Themes | Learning Goals/Outcomes/Content |  |  |  |
| 1. Concepts of nutritional health A1 | <p>Healthy eating and a balanced diet e.g. Eatwell Guide, main food groups.</p> <p>LG1: To describe the concept of a balanced diet based on the Eatwell Guide and DRVs for energy. LG1: To explain how the concepts of the Eatwell Guide and DRVs for energy contribute to an individual's health and wellbeing.</p> <p>Malnutrition, including under-nutrition, obesity.</p> <p>LG1: Know what malnutrition is including the terms under-nutrition and obesity. LG1: To explain how understanding the concepts of nutritional measures such as BMI and DRVs can help to prevent malnutrition.</p> <p>Effects of food processing and preparation methods, including excessive salt and sugar content, additives.</p> <p>LG1: To identify the different food processing methods. LG1: To identify the different cooking methods and to know the effects of food preparation/cooking methods. LG2: To explain how the concepts of healthy food processing options contribute to an individual's health and wellbeing.</p> <p>Current nutritional issues and effects on health, including self-prescribed health supplements, genetically modified food.</p> <p>LG1: To identify the current nutritional issues LG2: To research and explain one recent nutritional issue LG3: To present one current nutritional issue to the group.</p> | | | |
| 2. Nutritional measures and recommended dietary intakes A2 | <p>Balancing energy requirements for protein, fat, carbohydrates (kilocalories and kilojoules).</p> <p>LG1: To identify the different nutritional measures. LG1: To know balancing energy requirement for protein, fat, carbohydrates (kilocalories and kilojoules) LG2: To read food labels. LG2: To discuss the function and sources of required nutrients.</p> <p>Measuring body mass index (BMI).</p> <p>LG2: Working out BMI.</p> | | | |

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| | <p>Using growth charts to monitor weight gain.</p> <p>LG2: To use growth charts to monitor an individuals weight gain.</p> <p>Using and interpreting Dietary Reference Values, Reference Nutrient Intakes, nutrients per portion and per 100g of food.</p> <p>LG1: To understand Dietary Reference Values and Reference Nutrient Intakes</p> | | | |
| <p>3. Characteristics of essential nutrients A3</p> | <p>Characteristics for each nutrients to include the function in the body, examples of dietary sources and effects of dietary deficiency.</p> <p>Essential nutrients to include:</p> <ul style="list-style-type: none"> • Carbohydrates – simple (sugars), complex (starch and non-starch polysaccharides) • Proteins – polypeptides, essential and non-essential amino acids • Fats and oils – mono- and polyunsaturated fats, saturated, cis and trans fats, cholesterol • Vitamins – A, B (complex),C, D, E, and K • Minerals – calcium, iron, sodium • Water • Fibre <p>Functions in the body, to include:</p> <ul style="list-style-type: none"> • Growth and repair of body tissue (protein) • Warmth and energy (carbohydrates and fats) • Maintaining body functions, including digestion, immunity, healthy nervous system and red blood cells (vitamins and minerals) <p>Dietary sources, to include:</p> <ul style="list-style-type: none"> • Animal and plant sources of protein e.g. meat, soya • Starch and sugar sources of carbohydrates e.g. pasta, biscuits • Animal and plant sources of fat e.g. fish oils, butter, nuts • Dietary and natural sources of vitamins e.g. fruit and vegetables, sunlight on the skin • Plant sources of fibre e.g. wholegrain cereals, vegetables • Dietary deficiencies to include – protein including special needs of vegans and vegetarians, carbohydrate including reduced energy levels and special needs of individuals with diabetes, vitamins including scurvy and rickets, minerals including iron deficiency anaemia and osteoporosis. <p>LG1: To introduce the function and sources of nutrients. LG2: To discuss the function and sources of the required nutrients. LG3: To research the function and sources of specific nutrients.</p> | | | |
| <p>Links: Unit 2: Working in Health and Social Care Unit 4: Enquiries into Current Research in Health and Social Care Unit 5: Meeting Individual Care and Support Needs.</p> | | | | |

Links:

Prior Learning:

LC1: builds on knowledge and skills from Biology lessons