

FOOD PREPARATION AND NUTRITION PERSONAL LEARNIG CHECKLIST (PLC) 2025

Subject Content 2 – Nutritional Needs and Health

Content	R.A.G	Application of knowledge and food prep skills	R.A.G
MAKING INFORMED CHOICES FOR A VARIED AND BALANCED DIET 3.2.3.1			
Know the current guidelines for a healthy diet.		Design own recipes considering the nutritional needs and food choices. when selecting recipes,	
Know portion size and costing when meal planning.		Be able to make decisions about the ingredients, processes, cooking methods and portion sizes.	
How peoples' nutritional needs change and how to plan a balanced diet for different life stages.		To plan, prepare, cook, modify, and create recipes to meet different dietary groups and life stages	
The nutritional needs for children, teenager, adults and the elderly		To make a protein rich meal suitable for a vegetarian and a vegan	
How to plan a balanced meal for specific dietary groups.		To make a healthy snack for a coeliac or lactose intolerant person	
How to plan a meal for vegetarian and vegan, coeliac, lactose intolerant and high fibre.		To adapt and make a low-calorie meal to support weight loss	
How to maintain a healthy body weight throughout life.		To make a suitable meal to support the nutritional needs of either children or the elderly	
ENERGY NEEDS 3.2.3.2			
The basal metabolic rate (BMR) and physical activity level (PAL) and their importance in determining energy requirements.		Plan and prepare a meal that demonstrates understanding of portion size according to life stages and PAL	
Factors which affect BRM such as age, gender and PAL			
The recommended percentage of energy intake provided by protein, fat and carbohydrates (starch and sugar).			
HOW TO CARRY OUT A NUTRITIOANL ANALYSIS 3.2.3.3			
How to plan and modify recipes, meals and diets to reflect the nutritional guidelines for a healthy diet.		Plan, make and modify dishes calculating energy and nutritional values.	
How to use current nutritional information and data such as food tables, nutritional analysis software to calculate energy and nutritional value.			
DIET NUTRITION AND HEALTH 3.2.3.4			
The relationship between diet, nutrition and health		Review different cooking processes	
How diet can affect health and how nutritional needs change in relation to: • obesity • cardiovascular health (coronary heart disease (CHD) and high blood pressure) • bone health (rickets and osteoporosis) • dental health • iron deficiency anaemia • Type 2 diabetes.		Select and adjust cooking process to match the recipe and take account of dietary group eg grill meat rather than fry to reduce the fat content as a high saturated fat intake is a risk factor for CHD (S1).	