Year 9 – Term 2 – Food and Nutrition.

	Objectives	Can you do it?			
	Food and Nutrition	**Not Yet**	**Pass (I can do it)**	**Merit (It's well-developed)**	**Distinction (It's accomplished)**
1	Describe why it is important to have a balanced diet				
2	Describe the Eatwell plate				
3	Create a lunch that shows a balanced diet				
4	Name the five food groups				
5	Understand what each food group does for your body				
6	Consider how each food group will benefit you in dance				
7	Understand why a dancer needs to eat a balanced diet				
8	To know why fruit and vegetables are important for your body				
9	To know the side effects of not eating fruit and vegetables				
10	To know the deficiency's you can get from not eating fruit and vegetables				
11	To understand what fruit and vegetables do for your brain and body				
12	To create and analyse a food diary				
13	Develop a piece of extended writing in regards to the food and nutrition at school				