

<p>Specifications must require students to demonstrate knowledge and understanding of:</p>	<p>Link to <i>Food – a fact of life</i> and <i>BNF</i> resources</p>
<p>Recommended guidelines for a healthy balanced diet. How peoples’ nutritional needs change and how to plan a balanced diet for those life-stages, including for those with specific dietary needs</p>	<p>Healthy eating: http://www.nutrition.org.uk/healthyliving/healthyeating.html A balanced diet: http://www.nhs.uk/Livewell/Goodfood/Pages/Healthyeating.aspx Energy and nutrients: http://www.foodafactoflife.org.uk/section.aspx?t=85&siteId=19&sectionId=75 Healthy eating: http://www.foodafactoflife.org.uk/CreatorActivity.aspx?siteId=19&sectionId=81&contentId=378 Nutritional needs: http://www.foodafactoflife.org.uk/Sheet.aspx?siteId=19&sectionId=75&contentId=243 Diet through life: http://www.foodafactoflife.org.uk/Sheet.aspx?siteId=19&sectionId=81&contentId=273 http://www.foodafactoflife.org.uk/CreatorActivity.aspx?siteId=19&sectionId=81&contentId=304 Nutrition through life: http://www.nutrition.org.uk/nutritionscience/life.html Healthy eating for vegans and vegetarians: http://www.nutrition.org.uk/healthyliving/healthyeating/vegan-and-vegetarian.html Food allergy and intolerance: https://www.food.gov.uk/science/allergy-intolerance http://www.nutrition.org.uk/nutritionscience/allergy.html</p>
<p>The recommended energy provided by protein, fat, carbohydrates (starch, sugars, fibre) and the percentage of daily energy intake the nutrients should contribute. Basal metabolic rate (BMR) and physical activity level (PAL) and their importance in determining energy requirements. How to maintain a healthy body weight throughout life.</p>	<p>Nutrients: http://www.nutrition.org.uk/nutritionscience/nutrients.html Energy intake and expenditure: http://www.nutrition.org.uk/nutritionscience/energy/energy-intake-and-expenditure.html Obesity: http://www.foodafactoflife.org.uk/CreatorActivity.aspx?siteId=19&sectionId=81&contentId=303 A balanced diet: http://www.nhs.uk/Livewell/Goodfood/Pages/Healthyeating.aspx Diet through life: http://www.foodafactoflife.org.uk/Sheet.aspx?siteId=19&sectionId=81&contentId=273 http://www.foodafactoflife.org.uk/CreatorActivity.aspx?siteId=19&sectionId=81&contentId=304 Nutrition through life: http://www.nutrition.org.uk/nutritionscience/life.html</p>

<p>The specific functions, main sources, dietary reference values and consequences of malnutrition of macronutrients and micronutrients</p>	<p>Nutrient requirements (see PDF attachment at bottom of webpage): http://www.nutrition.org.uk/nutritionscience/nutrients/nutrient-requirements.html Macronutrients: http://www.foodfactoflife.org.uk/CreatorActivity.aspx?siteId=19&sectionId=75&contentId=249 Micronutrients: http://www.foodfactoflife.org.uk/CreatorActivity.aspx?siteId=19&sectionId=75&contentId=248 Nutrients: http://www.foodfactoflife.org.uk/Sheet.aspx?siteId=19&sectionId=75&contentId=240 Food cards: http://www.foodfactoflife.org.uk/Sheet.aspx?siteId=20&sectionId=85&contentId=317 National Diet and Nutrition Survey (NDNS): https://www.gov.uk/government/statistics/national-diet-and-nutrition-survey-results-from-years-1-to-4-combined-of-the-rolling-programme-for-2008-and-2009-to-2011-and-2012</p>
<p>How to calculate energy and nutritional values and plan recipes, meals and diets accordingly</p>	<p>Explore food (nutritional analysis): http://www.foodfactoflife.org.uk/section.aspx?t=0&siteId=20&sectionId=115 Mywellbeing: http://www.foodfactoflife.org.uk/section.aspx?t=115&siteId=19&sectionId=102# Energy and nutrient case studies: http://www.foodfactoflife.org.uk/Sheet.aspx?siteId=20&sectionId=85&contentId=323</p>
<p>Major diet related health risks including obesity, cardiovascular, bone health, dental health, iron deficiency anaemia, diabetes</p>	<p>Risk of disease: http://www.nutrition.org.uk/nutritionscience/disease.html Health issues: http://www.foodfactoflife.org.uk/Sheet.aspx?siteId=19&sectionId=81&contentId=274 http://www.nutrition.org.uk/healthyliving/healthissues.html Oral health in schoolchildren: http://www.nutrition.org.uk/attachments/515_3.3_Nutrition,%20health%20and%20schoolchildren_Oral%20health%20factsheet.pdf Iron deficiency anaemia: http://www.nutrition.org.uk/attachments/514_3.2_Nutrition,%20health%20and%20schoolchildren_Iron%20deficiency%20anaemia%20factsheet.pdf http://www.nhs.uk/conditions/Anaemia-iron-deficiency-/Pages/Introduction.aspx Diabetes: http://www.diabetes.org.uk/</p>
<p>The importance of hydration, the function of water in the diet</p>	<p>Liquids: http://www.nutrition.org.uk/nutritionscience/nutrients/liquids.html Healthy hydration: http://www.nutrition.org.uk/healthyliving/hydration.html Nutrition Bulletin – Hydration and Health (virtual issue): http://www.nutrition.org.uk/publications/bulletin/hydration.html</p>
<p>For your own professional development you may wish to download the following virtual issue of Nutrition Bulletin, titled 'Nutrition and Health of Schoolchildren in the UK': http://www.nutrition.org.uk/publications/bulletin/schoolchildren.html</p>	

