

**Year 7 Food, Nutrition and Energy**

**14 Lessons**

Stage	Description
Emerging	<p>You can recall why we need food.</p> <p>You can state what is meant by a balanced diet.</p> <p>You can recall the nutrients we need in our diets.</p> <p>You can identify and recall the main organs in the digestive system.</p> <p>You can read energy values from food labels.</p> <p>You can state the plants make their own food rather than eating.</p>
Developing	<p>You can identify foods that are good sources of each food group.</p> <p>You can describe what is meant by a balanced diet.</p> <p>You can recall the route food takes through the digestive system.</p> <p>You can describe the function of organs in the digestive system.</p> <p>You can describe why our bodies need water and fibre.</p> <p>You can calculate energy requirements in a daily diet.</p> <p>You can recall that plants need water and oxygen to make their own food.</p>
Secure	<p>You can describe the benefits of a balanced diet.</p> <p>You can explain how the function of organs in the digestive system is related to their adaptations.</p> <p>You can explain how food is moved through the digestive system.</p> <p>You can describe how the digestive system digests food.</p> <p>You can recall the names of deficiency diseases and link them to the nutrients missing from the diet.</p> <p>You can compare the energy contents of different foods.</p> <p>You can describe the role of bacteria in the digestive system.</p> <p>You can describe the process of photosynthesis in plants.</p>
Excellence	<p>You can explain how different types of malnutrition are caused and their effects.</p> <p>You can evaluate the effects of over and under eating.</p> <p>You can explain how diffusion allows absorption by the small intestine.</p> <p>You can explain how enzymes are used in digestion using the term biological catalyst.</p> <p>You can justify why people have different energy requirements from their age, gender and activity level.</p> <p>You can relate the functions of organs in the digestive system to the adaptations of those organs.</p> <p>You can explain the tests used to detect some nutrients.</p> <p>You can evaluate the energy content of different</p> <p>You can explain the role of bacteria in the digestive system.</p> <p>You can explain how plants make carbohydrates by photosynthesis including how minerals and water from the soil are used.</p>