



Health and Nutrition Level 1 Award Curriculum Statement

Intent

- To provide students with foundational knowledge of health and nutrition, promoting lifelong healthy habits.
- To develop an understanding of the relationship between food, nutrition, and overall well-being.
- To equip students with the skills to make informed dietary and lifestyle choices.
- To foster awareness of the social, cultural, and environmental factors influencing health and nutrition.
- To align with national curriculum standards and prepare students for progression to higher-level qualifications in health, food science, or related fields.

Implementation

- **Engaging Lessons:** Deliver a combination of theoretical and practical sessions, including interactive activities, group discussions, and case studies.
- **Practical Application:** Conduct hands-on activities such as meal planning, cooking demonstrations, and analysis of food labels.
- **Project-Based Learning:** Assign projects focused on creating healthy meal plans or investigating the impact of specific diets on well-being.
- **Cross-Curricular Links:** Integrate relevant aspects of science, physical education, and social studies.
- **Assessment Methods:** Use diverse assessment tools, such as practical demonstrations, and quizzes, to evaluate knowledge and skill development.

Impact

- Students will gain a clear understanding of the principles of nutrition and how to maintain a balanced diet.
- They will demonstrate the ability to analyse and make informed decisions about their dietary choices.
- Improved awareness of how external factors (e.g., marketing, culture, and socio-economic status) influence eating habits.
- Development of practical skills such as reading nutrition labels and preparing simple, nutritious meals.
- Preparation for further education and careers in health, wellness, and food industries.
- Students will reflect a healthier lifestyle approach in their day-to-day lives, contributing to their physical and mental well-being.