

Teaching Resources  
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## WHAT'S IN OUR FOOD ?

### NUTRITION STUDIES

Carbohydrates: Sugars and Starch

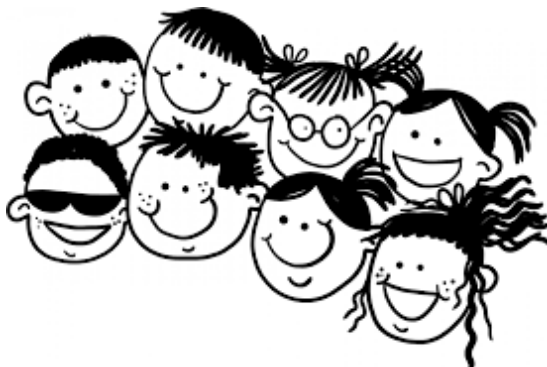
Carbohydrates: Dietary Fibre

Carbo Loading

Lipids

Protein

FOOD  
LOVERS



# FLEXIBILITY of USE

## Introducing: 'What's in our Food?' - Nutrition Studies

- **Relief or Emergency**

There is nothing worse than calling in sick and then having to set meaningful work for your classes.

Having organised day relief for many years, I always knew that it was important to have quality work left for classes. However, it wasn't until I was a reliever myself that I truly appreciated being handed that quality, meaningful work. In addition, if students find that worksheets are interesting and hopefully enjoyable to complete, then the lesson is not just a 'fill in'.

These worksheets are designed to make it as easy as possible for you when faced with setting relief work.

For assignments/research, students will need access to computers or other devices.

For other activities the worksheets have all the required information. No textbooks, tables, devices are needed.

- **Teaching Programmes**

These worksheets can be used in part to support your teaching— for instance, in a unit that looks at food choices for breakfast, or a study of vegetables, where you might want to focus on particular nutrients.

These worksheets can be used in full to support your teaching e.g. for a standard on food labelling.

- **NZC Levels**

Worksheets on carbohydrates, lipids and protein have been written at both level 5 and level 6.

This flexibility allows you to consider the ability level of your students and choose the most appropriate level.

Worksheets on vitamins, minerals and water are suitable for both level 5 and level 6 learners.

- **Student Notes**

The information is fully researched, current as of 2016/2017, and written in the New Zealand context. Students could use this resource to compile their own notes.

For any number of reasons, a student may not have completed a nutrition study and needs to do so before starting a standard. This resource should enable a student to get up to speed, relatively independently of the teacher.

- **Homework**

Because information is included in all the worksheets, they can be completed for homework or set as homework tasks.

- **Revision**

These worksheets make ideal revision sheets- particularly for students preparing for external assessments.

# How this Food Choices Teaching Resource relates to the New Zealand Curriculum

## SCIENCE

Living World

Level 5

*Identify the key structural features and functions involved in the life processes of plants and animals.*

The focus in this resource is on nutrition or feeding and the functions the nutrients have in the life processes of plants and animals. It's the N of Mrs Gren!

## HEALTH and PHYSICAL EDUCATION

Personal Growth and Development

Level 5

*Describe physical processes of growth and relate these to features of adolescent development and effective self-management.*

Emphasis is on the role of food and nutrients in the process of growth.

Personal Growth and Development

Level 6

*Investigate and understand reasons for the choices people make that affect their well-being and explore and evaluate options and consequences.*

In this teacher resource, the choices, options and consequences are related to the food choices made.

### Standards

#### Level 1

- |          |     |   |
|----------|-----|---|
| AS 90956 | 1.1 | Demonstrate knowledge of an individual's nutritional needs  |
| AS 90957 | 1.2 | Demonstrate understanding of societal influences on an individual's food choices and well-being               |
| AS 90961 | 1.6 | Demonstrate understanding of how packaging information influences an individual's food choices and well-being |

#### Level 2

- |          |     |  |
|----------|-----|--|
| AS 91299 | 2.1 | Analyse issues related to the provision of food for people with specific food needs  |
| AS 91300 | 2.2 | Analyse the relationship between well-being, food choices and determinants of health |

#### Level 3

- |          |     |  |
|----------|-----|--|
| AS 91466 | 3.1 | Investigate a nutritional issue affecting the well-being of New Zealand society            |
| AS 91470 | 3.5 | Evaluate conflicting nutritional information relevant to well-being in New Zealand society |

N.B. These are just some examples, particularly at levels 2 & 3. There are other equally relevant standards available.