

## Year 7 Technology Learning Programme 3

Reading texts that pupils will study during the learning programme

Loric for LP3 is Resilience

The values we are learning about are respect and justice

Macronutrients: What They Are, and Why They're Important

Respect - a feeling of deep admiration for someone or something elicited by their abilities, qualities or achievements

Justice - fair behaviour or treatment

What will I be learning about in this Learning Programme?

Cooking and Nutrition, using health & safety procedures in the food room.

Where have I seen this learning before?

Building on prior knowledge from LP1, looking at a balanced diet and nutrition, building on practical and theoretical skills.

What could I use it for?

Practical skills and a balanced diet

|   |                            |   |  |
|---|----------------------------|---|--|
| <b>In LP3.1, I will know :</b>  | <b>06/01/2025 - (WK 2)</b> | <b>Behaviour to support the values: STEPS/SLANT</b>   | <b>Homework</b>  |
| how to identify macronutrients;<br>how to identify what macros do for your body.  |                            | I will show respect by actively listening to others   | Homework tasks are located in the Knowledge Organisers |
| <b>In LP3.2, I will know :</b>  | <b>13/01/2025 - (WK 1)</b> | <b>Behaviour to support the values: STEPS/SLANT</b>   | <b>Homework</b>  |
| identify your dietary needs;<br>categorise modern diets and their impact.   |                            | I will show justice by speaking up when something is not right                              | Homework tasks are located in the Knowledge Organisers |
| <b>In LP3.3, I will know :</b>  | <b>20/01/2025 - (WK 2)</b> | <b>Behaviour to support the values: STEPS/SLANT</b>   | <b>Homework</b>  |
| categorise your personal activity level; assess personal activity lessons in comparison to nutrition.<br><br>Extended Task  |                            | I will show respect by being punctual and not wasting the time of others                    | Homework tasks are located in the Knowledge Organisers |
| <b>In LP3.4, I will know :</b>  | <b>27/01/2025 - (WK 1)</b> | <b>Behaviour to support the values: STEPS/SLANT</b>   | <b>Homework</b>  |
| create a balanced macro based dish; exploring macronutrients.<br>Explore how specialised diets are linked to PALS;<br>Understand how intolerances and allergies affect your diet choices. |                            | I will show justice by being inclusive and accepting everyone regardless of our differences | Homework tasks are located in the Knowledge Organisers |
| <b>In LP3.5, I will know :</b>  | <b>03/02/2025 - (WK 2)</b> | <b>Behaviour to support the values: STEPS/SLANT</b>   | <b>Homework</b>  |
| assess my own progress;<br>and explore how intolerances can be catered for  |                            | I will show respect by taking care of the school property                                   | Homework tasks are located in the Knowledge Organisers |
| <b>In LP3.6, I will know :</b>  | <b>10/02/2025 - (WK 1)</b> | <b>Behaviour to support the values: STEPS/SLANT</b>   | <b>Homework</b>  |
| complete a practical using my skills; showing health and safety practices<br>create a balanced macro based dish.<br><br>Extended Task   |                            | I will show justice by supporting others of seeking help when required                      | Homework tasks are located in the Knowledge Organisers |
| <b>LP3 RLW, I will:</b>   | <b>24/02/2025 - (WK 2)</b> | <b>Behaviour to support the values: STEPS/SLANT</b>   | <b>Homework</b>  |
| review my learning, recalling and applying key knowledge, focus on closing any gaps in my knowledge and prepare effectively for the upcoming assessments.                                 |                            | I will show respect by actively listening to others   | Homework tasks are located in the Knowledge Organisers |
| <b>In LP3.7, I will know :</b>  | <b>03/03/2025 - (WK 1)</b> | <b>Behaviour to support the values: STEPS/SLANT</b>   | <b>Homework</b>  |
| evaluate my practical skills;<br>evaluate a macro nutrient dish.  |                            | I will show respect by recognising and celebrating the achievements of myself and others    | Homework tasks are located in the Knowledge Organisers |
| <b>Resources to support learning:</b>   |                            |   |  |
| Macronutrients: what they are, and why they're important  |                            |   |  |
| <b>FEET Award Challenge for this Learning Programme:</b>  |                            |   |  |
| Complete a swatch of basic stitches.  |                            |   |  |

