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| **What will we be learning?****Unit FO97 – Supporting healthy nutrition and lifestyles** | **Why this? Why now?** This unit is completed in Year 13. It is an optional unit. It runs alongside F091 the examined unit and F094 coursework unit during Year 13. | **Key Words/terms:**MacronutrientsMicronutrientsEnergy balanceFood intoleranceAuto-immuneGastro-intestine |
| **What will we learn?*** **TA1 – Dietary and activity needs of individuals**
* **TA2 – Factors that influence dietary choices and physical activity levels**
* **TA3 – Supporting individuals to plan meals and meet their needs**
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| **What opportunities are there for wider study?**Careers/degree courses* Social care
* Childcare
* Health care

Further reading:[Describe different working relationships in care settings – DSDWEB: FREE STUDY GUIDES FOR CARE QUALIFICATIONS](https://dsdweb.co.uk/care-certificate/standard-1-understand-your-role/1-3c-describe-different-working-relationships-in-health-and-social-care-settings/#:~:text=There%20are%20many%20different%20working%20relationships%20in%20a,the%20family%20and%20friends%20of%20a%20service%20user.)[Timeline of Baby P case - BBC News](https://www.bbc.co.uk/news/uk-11626806)[Inquiry investigates deaths of 1,500 NHS mental health patients in Essex | Mental health | The Guardian](https://www.theguardian.com/society/2022/mar/28/inquiry-investigates-deaths-of-1500-nhs-mental-health-patients-in-essex) |
| **How will I be assessed?*** OCR set assignments on Teams.
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**AAQ – HEALTH & SOCIAL CARE**

**UNIT F097**

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| **TA1 – DIETARY AND ACTIVITY NEEDS OF INDIVIDUALS*** 1. Dietary needs
	2. Physical activity guidelines and energy balance
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| **TA2 – FACTORS INFLUENCING DIETARY CHOICES & PHYSICAL ACTIVITY LEVELS**2.1 Factors that influence dietary choices2.2 Digestive disorders2.3 Factors that influence physical activity levels2.4 Understanding factors relating to diet and physical activity levels |   |
| **TA3 – SUPPORTING INDIVIDUALS TO PLAN MEALS THAT MEET THEIR NEEDS*** 1. Meal planning
	2. Food labelling
	3. Supporting social interaction at mealtimes
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