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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:**  Macronutrients  Micronutrients  Energy balance  Food intolerance  Auto-immune  Gastro-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** | |
| **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. | |

**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 |  |
| **TA2 – FACTORS INFLUENCING DIETARY CHOICES & PHYSICAL ACTIVITY LEVELS**  2.1 Factors that influence dietary choices  2.2 Digestive disorders  2.3 Factors that influence physical activity levels  2.4 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 |  |