

GCSE Health and Social Care Personalised Learning Checklist

Exam Board:

My target grade is:

Topic/Module: Unit 6: The Impact of Nutrition on

Health and Wellbeing

My predicted grade is:

Year Group:

Use this checklist before your assessment to focus your revision, and after to check the effectiveness of your revision

G	I am confident about this topic and I know what I need to do to revise it
A	I am not too sure about this topic, I may need to check with my teacher and spend more time revising this topic
R	I am not confident I could answer a question on this topic. I need to check with my teacher and ensure I have what I need to revise it.

Revision Resources	Topic / Unit Focus	R	A	G
A: Explore the effects of balanced and unbalanced diets on the health and wellbeing of individuals				
	1A.1 Identify components of a balanced diet, giving examples of each.			
	1A.2 Identify three effects of an unbalanced diet on the health and wellbeing of individuals.			
	2A.P1 Describe the components of a balanced diet and their functions, sources and effects.			
	2A.P2 Describe the effects of an unbalanced diet on the health and wellbeing of individuals, giving examples of their causes.			
	2A.M1 Compare the effects of balanced and unbalanced diets on the health and wellbeing of two individuals.			
	2A.D1 Assess the long-term effects of a balanced and unbalanced diet on the health and wellbeing of individuals.			
B: Understand the specific nutritional needs and preferences of individuals				
	1B.3 Identify the specific dietary needs of an individual.			
	1B.4 Create, with guidance, a nutritional plan for a selected individual.			
	2B.P3 Describe the specific dietary needs of two individuals at different life stages.			
	2B.P4 Create a nutritional plan for two individuals with different specific nutritional needs.			

	2B.M2 Explain the factors influencing the dietary choices of two individuals with specific dietary needs at different life stages.			
	2B.M3 Compare nutritional plans for two individuals with different nutritional needs.			
	2B.D2 Discuss how factors influence the dietary choices of two individuals with specific dietary needs at different life stages.			

Additional Support/ Guidance:

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