



Assessing progress and achievement in Health and wellbeing – Food and Health

Significant aspects of learning

Taken together, Building the Curriculum 1, the Health and Wellbeing Principles and Practice Paper and the Health and Wellbeing Experiences and Outcomes make clear the importance of Food and Health and the distinct contribution it makes to developing learners' health and wellbeing.

Practitioners and learners together will focus on developing the significant aspects of learning in, through and about food and health across the three lines of development – Nutrition, Safe and hygienic practices and Food and the consumer.

Significant aspects of learning are highlighted and signposted in the Principles and Practice paper and in the Experiences and Outcomes:

1. knowledge and understanding of a healthy diet and making informed decisions in order to improve mental, emotional, social and physical wellbeing
2. experiencing positive aspects of healthy living through knowledge and understanding, skills, attributes and capabilities to make healthy food choices, establishing lifelong healthy eating habits
3. putting into practice knowledge and understanding of how the dietary needs of individuals and groups vary through life stages
4. developing skills, attributes and capabilities to apply safe and hygienic practices to everyday routines, based on knowledge and understanding of their importance to health and wellbeing
5. knowledge and understanding that food practices and choices depend on many factors including availability, sustainability, season, cost, religious beliefs, culture, peer pressure, advertising and the media
6. appreciation of eating as an enjoyable activity and understanding of the role of food within social and cultural contexts

Learners' experiences within food and health must encompass regular opportunities for working practically with food and cooking activities. Similarly, the evidence of their progress should be drawn from practical situations. For more examples of skills in action in food, health and the technologies, see the publication *Food for Thought*.