<table>
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| • Describe the content of a healthy human diet and explain why each is needed  
• Calculate the energy requirements in a healthy daily diet a person loses mass when the energy content of the food taken in is less than the amount of energy expended by the body. Exercise increases  
• The amount of energy expended by the body. | • Food and diet  
• Balance of food groups  
• Health issues | • Teamwork  
• Communication skills  
• Language skills  
• PSHE – health issues.  
• Creativity – poster  
• Maths – calculations, equations, rearrange formula.  
• Geography – graphing.  
• Reflective skills – history  
• History – links to global aspects of biology – scientists. | Explain that a healthy diet contains the right balance of the different foods you need and the right amount of energy.  
Describe that: carbohydrates, fats and proteins are used by the body to release energy and to build cells.  
Mineral ions and vitamins are needed in small amounts for healthy functioning of the body.  
A person is malnourished if their diet is not balanced. This may lead to a person being overweight or underweight. An unbalanced diet may also lead to deficiency diseases or conditions such as Type 2 diabetes.  
evaluate information about the effect of food on health  
Investigate the energy in different foods  
Evaluate the validity of experiments to determine the energy in foods. |