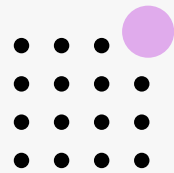
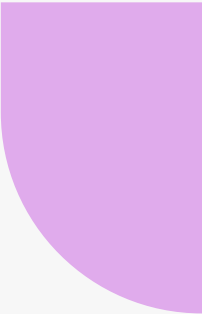


A student guide to Assessment Points

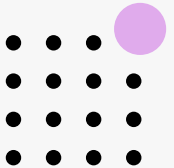
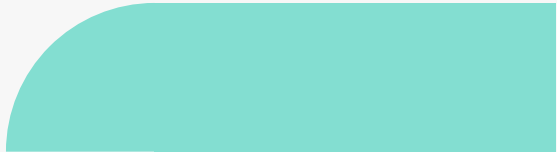
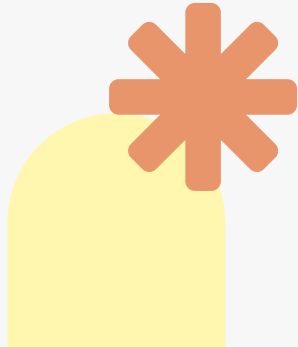




What are the Assessment Points?



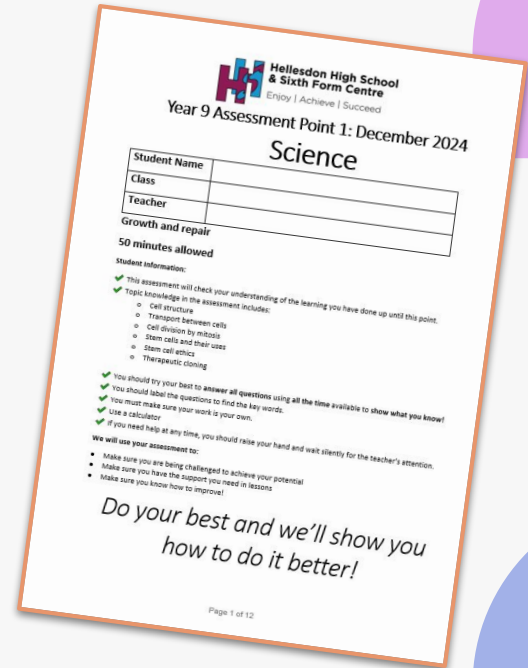
Twice a year, students will sit assessments across their subjects. These assessment points are designed to check:

- 
- ★ What you can remember from what you've learnt across the year
 - ★ What you can do with your knowledge
 - ★ What you haven't understood
- 
- 

How are these assessments different?

Your assessments will...

- Look slightly different to topic assessments.
- Make up a larger weighting of the predicted grades you receive on your reports.
- Contain questions about topics that you may not have studied in lessons for quite some time.



How should I prepare for my assessments?

- Make sure you are completing your home learning and building your reward points to spend in the shop.
- Use your Knowledge Organisers to regularly revisit what you should know.
- If you are away, check with the teacher what you have missed.

Year - 7 Subject - Food Topic/Concept - Nutrition & Health

The Eatwell Guide

A healthy diet is a balanced diet. The Eatwell guide shows what kind of foods you should eat, and in what proportions, to have a healthy and balanced diet. Your diet includes everything you eat and drink each day.

Stay hydrated. Aim for 6-8 glasses a day.



Food Groups and Nutrients

- Fruit & Vegetables
Vitamins and Minerals
- Potatoes, bread, pasta, cereals, rice.
(choose wholegrain versions to get more fibre)
- Starchy Carbohydrates
- Oils & Spreads
Fat
- Dairy & Alternatives
Calcium
- Beans, pulses, eggs, meat, fish
Protein

Processed foods high in sugar, fat and salt

Eat less often and in small amounts

KeyWord

| KeyWord | Meaning |
|---------------|--|
| Bacteria | Micro-organism. Can cause food poisoning. |
| Calcium | A mineral needed for strong teeth and bones. |
| Carbohydrate | Starchy versions give slow release energy. Keeps our warmer, gives energy. |
| Fat | Helps our digestive system remove waste. |
| FIBRE (NDF) | A group of nutrients (calcium, iron, sodium etc.) |
| Minerals | A substance from food essential for life & growth. |
| Nutrient | Having too much body fat leading to overweight. |
| Protein | Needed for muscle growth, strength and repair. |
| Sugar | Added to foods for taste. TOO MUCH IS BAD FOR US. |
| Saturated Fat | Raises cholesterol and can be harmful. |
| Sugar | Makes food sweet (a type of carbohydrate). |

Remember:

Nutritional information on food labels

- Food labelling on food often gives us nutritional information about the food via the Traffic Light labels.
- Green means it is LOW in that nutrient & it is healthy. Can be eaten a lot.
- Amber means it is moderately high in that nutrient.
- Red means it is high in the nutrient & it's less healthy so should eat less often or in small amounts.

Eat at least 5 portions of a variety of fruit and vegetables every day. An adult portion is 80g but children need smaller portion sizes. 1 portion is roughly the amount you can fit in the palm of your hand.

Eat as many different colours as possible because they all contain different combinations of fibre, vitamins, minerals and other nutrients.

Find out more: www.nhs.uk/live-well/eat-well/why-5-a-day

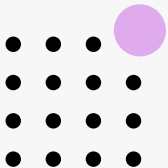
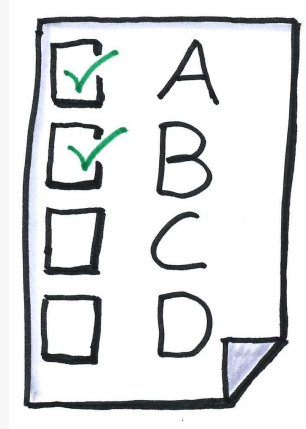


What will my assessment be like?

- Your assessment might be very different in different lessons. For example, you may have:
 - Multiple choice questions
 - Sentence or paragraph responses
 - Assessment of your practical skills

These will all have been carefully designed to check your understanding.

- You will probably be working in silence and expected to complete the task without any help from your teacher or book.

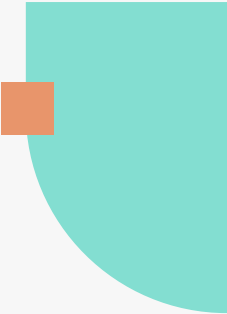


How will I achieve my best?



- Focus on the assessment
- Remember that these assessments are important
- Put simply...

*Do your best and we'll show you
how to do it better!*



What will your assessments be used for?

- ★ To make sure you are being challenged to achieve your potential
- ★ To make sure you have the support you need in lessons
- ★ To make sure you know how to improve!

With all this in mind, good luck on your upcoming assessments

