

Fourth Level Experiences and Outcomes - Links to FSS Education Resources

The Topics	Experiences and Outcomes	FSS resource
Physical wellbeing Health and wellbeing experiences and outcomes which are the responsibility of all adults working together are shown in italics.	<i>I am developing my understanding of the human body and can use this knowledge to maintain and improve my wellbeing and health. HWB 4-15a</i>	Sugar Detectives Allergen Action!
	<i>I am learning to assess and manage risk, to protect myself and others, and to reduce the potential for harm when possible. HWB 4-16a</i>	Storage Solutions Allergen Action! Bacteria Busters
Food and Health: Nutrition	HWB 4-29a I enjoy eating a diversity of foods in a range of social situations.	
	HWB 4-30a Having researched food and health policy and dietary legislation, I can explain how this impacts on individuals, the community and the world of work.	
	HWB 4-31a I can apply my knowledge and understanding of nutrition, current healthy eating advice and the needs of different groups in the community when planning, choosing, cooking and evaluating dishes.	Adapt it!
	HWB 4-32a Having identified diet-related conditions, I can adapt and cook recipes to suit individual needs.	Sugar Detectives
	HWB 4-32b Having assessed how lifestyle or life stages can impact on people's nutritional needs, I can explain how these needs are met.	
Food and Health: Safe and Hygienic Practices	HWB 4-33a Having explored the conditions for bacterial growth, I can use this	Storage Solutions

	knowledge to inform my practice and control food safety risks.	Bacteria Busters
Food and Health: Food and the Consumer	HWB 4-34a Having explored a range of issues which may affect food choice, I can discuss how this could impact on the individual's health.	Allergen Action! Sugar Detectives
	HWB 4-35a Having investigated the effects of food processing on the nutritional value of foods, I can critically assess the place of processed foods in a healthy balanced diet.	
	HWB 4-35b Having investigated the effects of food processing on the nutritional value of foods, I can critically assess the place of processed foods in a healthy balanced diet.	
	HWB 4-36a I have examined and evaluated food packaging and can understand the legal requirements for manufacturers.	
	HWB 4-37a By investigating the different influences on the consumer, I can discuss how the consumer can be influenced by external sources.	Market it!
	HWB 4-37b I can explain basic legal rights and responsibilities of the consumer, recognising the agencies that can help.	
Food and Health: Food and Textile Technologies	<p>TCH 4-04a I can explore the properties and functionality of ingredients, materials and equipment to establish their suitability for a task at home or in the world of work.</p> <p>TCH 4-04b I confidently apply preparation techniques and processes to make food and textile items using specialist skills, materials, equipment in their place of learning, at home or in the world of work</p> <p>TCH 4-04c Showing creativity and innovation, I can solve increasingly complex design briefs which satisfy the needs of the user, at home or in the world of work.</p> <p>TCH 4-04d I can apply skills of critical thinking when evaluating the quality and effectiveness of my own or others' products.</p>	

