

Second 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 2-15a</i>	Cookin Castle Stop the Germs Different Diets
	<i>I am learning to assess and manage risk, to protect myself and others, and to reduce the potential for harm when possible. HWB 2-16a</i>	Hazards in the Kitchen Label it! Stop the Germs Fridge Facts
Food and Health: Nutrition	HWB 2-29a I enjoy eating a diversity of foods in a range of social situations.	Different Diets
	HWB 2-30a By applying my knowledge and understanding of current healthy eating advice, I can contribute to a healthy eating plan.	Label it! Quizine! Different Diets
	HWB 2-32a I understand that people at different life stages have differing nutritional needs and that some people may eat or avoid certain foods.	Interactive Eatwell Guide Cookin Castle Different Diets
Food and Health:	HWB 2-33a Having learned about cleanliness, hygiene and safety, I can apply	Cookin Castle

Safe and Hygienic Practices	these principles to my everyday routines, understanding their importance to health and wellbeing.	Hazards in the Kitchen Fridge Facts Stop the Germs It's a Date!
Food and Health: Food and the Consumer	HWB 2-34a Through exploration and discussion, I can understand that food practices and preferences are influenced by factors such as food sources, finance, culture and religion.	Different Diets
	HWB 2-35a When preparing and cooking a variety of foods, I am becoming aware of the journeys which foods make from source to consumer, their seasonality, their local availability and their sustainability.	Meal Matching
	HWB 2-36a By investigating food labelling systems I can begin to understand how to use them to make healthy food choices.	Label it! Different Diets
	HWB 2-37a I can understand how advertising and the media are used to influence consumers.	
Food and Health: Food and Textile Technologies	<p>TCH 2-04a I am developing dexterity, creativity and confidence when preparing and cooking food.</p> <p>TCH 2-04b I am developing dexterity, creativity and confidence when working with textiles.</p> <p>TCH 2-04c I can extend and explore problem-solving strategies to meet increasingly difficult design challenges with a food or textile focus.</p> <p>TCH 2-04d I can discuss, debate and improve my ideas with increasing confidence and clear explanations.</p>	