

Third 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 3-15a</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 3-16a</i>	Storage Solutions Allergen Action! Bacteria Busters
Physical activity and healthy	I can explain the links between the energy I use while being physically active, the food I eat, and my health and wellbeing. HWB 3-28a	Sugar Detectives
Food and Health: Nutrition	HWB 3-29a I enjoy eating a diversity of foods in a range of social situations.	
	HWB 3-30a By taking part in practical food activities and taking account of current healthy eating advice, I can prepare healthy foods to meet identified needs.	Four Seasons Adapt it!
	HWB 3-31a Through practical activities using different foods and drinks, I can identify key nutrients, their sources and functions, and demonstrate the links between energy, nutrients and health.	Interactive Eatwell Guide
	HWB 3-32a I am developing my understanding of the nutritional needs of people who have different conditions and requirements.	

<p>Food and Health: Safe and Hygienic Practices</p>	<p>HWB 3-33a I can apply food safety principles when buying, storing, preparing, cooking and consuming food.</p>	<p>Cookin Castle Storage Solutions Bacteria Busters</p>
<p>Food and Health: Food and the Consumer</p>	<p>HWB 3-34a Having explored a range of issues which may affect food choice, I can discuss how this could impact on the individual's health.</p>	<p>Allergen Action! Market it! Sugar Detectives Four Seasons</p>
	<p>HWB 3-36a Using my knowledge of nutrition and current healthy eating advice, I can evaluate the information on food packaging, enabling me to make informed choices when preparing and cooking healthy dishes.</p>	<p>Sugar Detectives Allergen Action! Label it!</p>
<p>Food and Health: Food and Textile Technologies</p>	<p>TCH 3-04a I am gaining confidence and dexterity in the use of ingredients and equipment and can apply specialist skills in preparing food.</p> <p>TCH 3-04b I can use textile skills in practical and creative situations in my place of learning, at home or in the world of work.</p> <p>TCH 3-04c By using problem-solving strategies and showing creativity in a design challenge, I can plan, develop, make and evaluate food or textile items which meet needs at home or in the world of work.</p>	