

Teaching Youth Social Action Through Science

National Curriculum Key Stage 3	National Curriculum Key Stage 4
Domestic fuel bills, use and costs.	The content of a healthy human diet: carbohydrates, lipids (fats and oils), proteins, vitamins, minerals, dietary fibre and water, and why each is needed.
Comparing energy values of different food.	Calculations of energy requirements in a healthy daily diet.
	The consequences of imbalances in the diet include obesity, starvation and deficiency diseases.
<p>Biology, Nutrition and digestion</p> <ul style="list-style-type: none"> • The content of a healthy human diet: carbohydrates, lipids (fats and oils), proteins, vitamins, minerals, dietary fibre and water, and why each is needed • calculations of energy requirements in a healthy daily diet • The consequences of imbalances in the diet include obesity, starvation and deficiency diseases 	
<p>Physics</p> <ul style="list-style-type: none"> • comparing energy values of different foods (from labels) (k 	

Pupils need to understand that poverty can impact an individual's performance academically and physically. Children raised in poverty experience many emotional and social challenges, chronic stressors, and cognitive lags due to significant changes in brain structure. In areas related to memory and emotion, lower academic achievement and more behavioural issues in the classroom.

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Projects ideas:

7	How does the food we eat help us academically and physically? Investigate the link between nutrition and energy.
8	Can we reduce poverty by ensuring every child has a healthy meal? Investigate the link between food and energy.
9	How does food impact your ability to perform academically and physically? Investigate what a healthy diet is. <ul style="list-style-type: none">• What do you need to eat if you are training for a sport?• What do you eat if you are revising for a maths test?• How can we ensure every child is eating such a balanced diet?
10 and 11	Look at the consequences of imbalances in the diet, including obesity, starvation and deficiency diseases. Show Calculations of energy requirements in a healthy daily diet.

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