

Lower 5 food & nutrition go speed dating!



In their GCSE food preparation and nutrition lessons, Lower 5 have been looking at dietary related illnesses. Pupils were asked to become an expert on a particular diet related health concern such as coronary heart disease, iron-deficient anaemia, bone health etc before the class moved from expert to expert to learn about the illness in a 'speed dating style' rotation. The expert was given 5 minutes to share their knowledge through questioning and discussion before moving on.

Pupils have since gone on to answer some examination style questions to consolidate their learning and apply their knowledge.

Mrs Sara Holmes