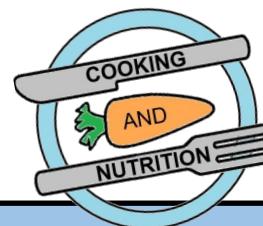
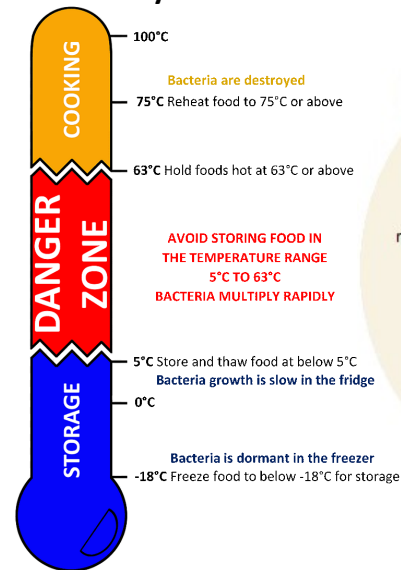


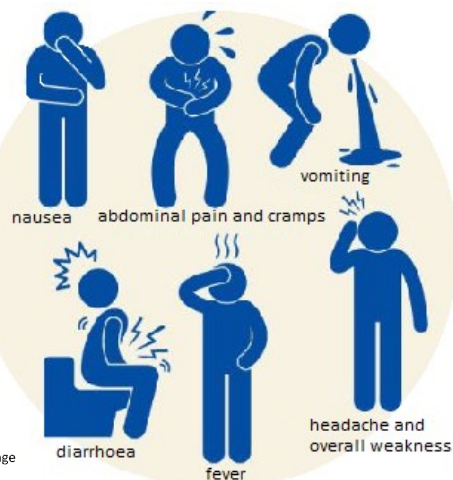
# Year 9 - Lifestyle & Choice



## Food safety



## Food poisoning symptoms



<https://www.youtube.com/watch?v=flxmB8NKMzE>

<https://www.nhs.uk/live-well/eat-well/10-ways-to-prevent-food-poisoning/>

<https://www.food.gov.uk/safety-hygiene/avoiding-cross-contamination>

**Food labelling:** lots of information is required by law. Storage instructions are particularly important for food safety.



[https://www.youtube.com/watch?v=OZOIEYQ0axo&list=PLcvEcrcF\\_9zlxoGGU59CjuZHciPl9uvGm&index=9&t=2s](https://www.youtube.com/watch?v=OZOIEYQ0axo&list=PLcvEcrcF_9zlxoGGU59CjuZHciPl9uvGm&index=9&t=2s)

## Key vocabulary

safety / hygiene / cross-contamination  
pathogenic / food poisoning / symptoms  
nutrition / hydration / shelf life  
perishable / ambient / dormant  
ethical / moral / cultural / preferences  
allergies / intolerances / life stages

**Nutritional needs and health:** some people have special dietary needs based on their age, lifestyle or allergies.



<https://www.youtube.com/watch?v=k5YSJq4iQtI>

**Senses:** influence our enjoyment of food.



<https://www.youtube.com/watch?v=zNchJla7G0E>

**The Eatwell Guide** shows the types and proportions of foods people need for a healthy and well-balanced diet.



<https://www.youtube.com/watch?v=7MIE4G8ntss>

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

<https://www.youtube.com/watch?v=8aWqZd9RScQ>

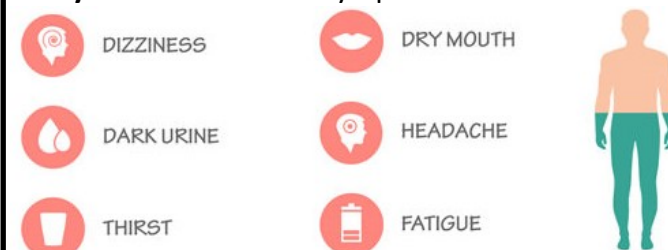
**Food choices:** a variety of factors influence what we choose to eat.



<https://www.youtube.com/watch?v=D6eor1wkNFY>

<https://www.youtube.com/watch?v=bowUbKANVVY>

**Dehydration:** the main symptoms.



<https://www.youtube.com/watch?v=b7s2Aqj72Q8>