**Nutrition Progression Folder**

These lesson plans and supporting resources are in a folder called “***Nutrition progression***”.

The ideas are not complex, but they are named as such because the recommended place for these lessons is after the ***“Nutrition Foundation”*** has been delivered.

It may be that you feel pupils have enough of the Nutrition basics after only briefly eliciting what they already know from primary school, or after only delivering a small part of the nutrition foundation. That is a judgement only you can make.

This ***Nutrition progression*** folder includes learning on:

* Rising Stars (A meal evaluation tool)
* Sugar
* Fibre
* Fruit & Vegetables
* Oily fish
* Vitamin D

These are listed in the most logical order but you can re-sequence if you feel that makes more sense.

Note that the sugar section compliments the learning from the ***Sponsorship & Marketing*** folder.