



Longfield Learning Journey



Year Group: 11	Unit of work: Sports Nutrition	Term: 1:2-2.1		
Skills:	Context:	R	A	G
LO4:: Your are you create a diet plan. Then review your diet plan highlighting any impact it has had.	Your task is to gather relevant information from the performer and develop a suitable diet plan and after you are to evaluate any affects the diet plan had.			

Content:	Not attempted	1 st Draft	Complete
Have you provided details of who the diet plan is for?			
Have you created a DETAILED 2 week diet plan?			
Have you discussed the suitability of your diet plan for, Breakfast, lunch, dinner, snacks and drinks?			
Have you evaluated the effectiveness of the diet plan?			

What you know	What you need to know	How are you going to get there?