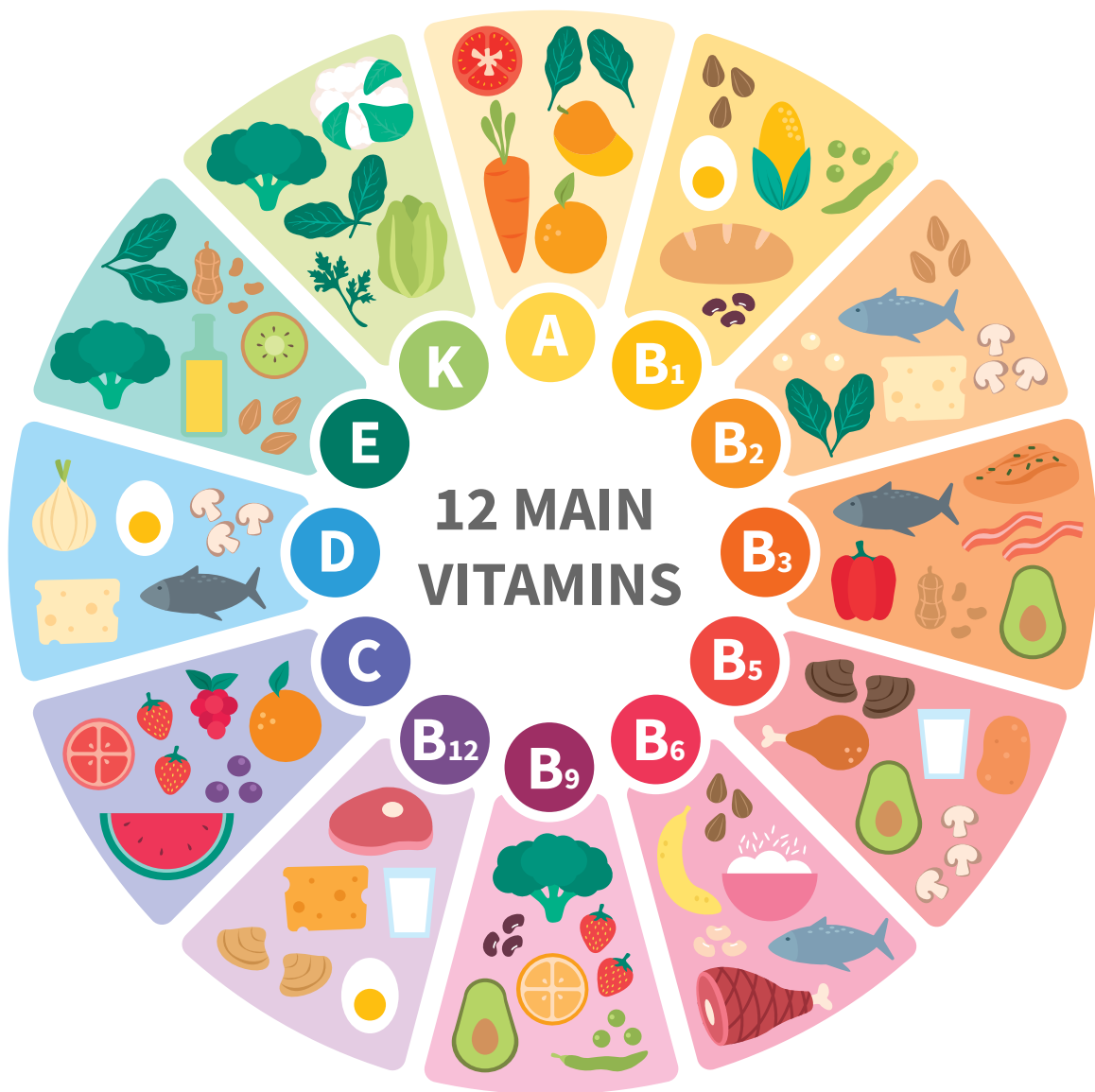


FOOD AND NUTRITION

Grades 9-10



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

National Curriculum of Pakistan
2022-23

FOOD AND NUTRITION

Grades 9-10



NATIONAL CURRICULUM COUNCIL SECRETARIAT
MINISTRY OF FEDERAL EDUCATION AND
PROFESSIONAL TRAINING, ISLAMABAD
GOVERNMENT OF PAKISTAN



It is with great pride that we, at the National Curriculum Council Secretariat, present the first core curriculum in Pakistan's 75-year history. Consistent with the right to education guaranteed by Article 25-A of our Constitution, the National Curriculum of Pakistan (2022-23) aspires to equip every child with the necessary tools required to thrive in and adapt to an ever-evolving globalized world.

The National Curriculum is in line with international benchmarks, yet sensitive to the economic, religious, and social needs of young scholars across Pakistan. As such, the National Curriculum aims to shift classroom instruction from rote learning to concept-based learning.

Concept-based learning permeates all aspects of the National Curriculum, aligning textbooks, teaching, classroom practice, and assessments to ensure compliance with contemplated student learning outcomes. Drawing on a rich tapestry of critical thinking exercises, students will acquire the confidence to embark on a journey of lifelong learning. They will further be able to acknowledge their weaknesses and develop an eagerness to build upon their strengths.

The National Curriculum was developed through a nationwide consultative process involving a wide range of stakeholders, including curriculum experts from the public, private, and non-governmental sectors. Representatives from provincial education departments, textbook boards, assessment departments, teacher training departments, *deeni madaris*, public and private publishers, private schools, and private school associations all contributed their expertise to ensure that the National Curriculum could meet the needs of all Pakistani students.

The experiences and collective wisdom of these diverse stakeholders enrich the National Curriculum, fostering the core, nation-building values of inclusion, harmony, and peace, making the National Curriculum truly representative of our nation's educational aspirations and diversity.

I take this opportunity to thank all stakeholders, including students, teachers, and parents who contributed to developing the National Curriculum of Pakistan (2022-23)

Dr. Mariam Chughtai

Director

National Curriculum Council Secretariat

Ministry of Federal Education and Professional Training

Food and Nutrition (Grades 9-10)

Progression Grid (PG)

Domain A: Introduction to nutrition

Standard: The students will be able to discuss the fundamental principles of nutrition, including the roles of macronutrients (carbohydrates, proteins, and fats) and micronutrients (vitamins and minerals) in the human diet.

Grade 9	Grade 10
Benchmark I: Students will be able to explain macronutrients, micronutrients, digestive and absorptive processes and human energy requirements.	Students will be able to explain nutrient diversity in diet, nutritionally important components of foods, nutrition diagnosis and nutrition practices in local communities.
Student Learning Outcomes	

[SLO:FN-09-A-01]:

Define food, nutrition and dietetics.

[SLO:FN-09-A-02]:

Describe food groups and their sources.

[SLO:FN-09-A-03]:

Discuss significance of vegetables in diet

[SLO:FN-09-A-04]:

Describe the structure and functions of human gastrointestinal tract.

[SLO:FN-09-A-05]:

Describe carbohydrates, fats and proteins as building blocks of life..

[SLO:FN-09-A-06]:

Enlist sources and functions of various nutrients.

[SLO:FN-09-A-07]:

Describe types, functions and benefits of micronutrients.

[SLO:FN-09-A-08]:

Elaborate digestive and absorptive processes.

[SLO:FN-09-A-09]:

[SLO:FN-10-A-01]:

Discuss analysis of daily diet. i.e. measure total energy consumption, nutrient intake, and nutrient diversity in diet.

[SLO:FN-10-A-02]:

Explain nutritional diagnosis and nutrition care process.

[SLO:FN-10-A-03]:

Explain the role of nutrition in physical and mental health

[SLO:FN-10-A-04]:

Describe the role of nutrition in disease prevention.

[SLO:FN-10-A-05]:

Describe nutritionally important components of foods and provide values for energy and nutrients including protein, carbohydrates, fat, vitamins and minerals and for other important food components such as fiber.

[SLO:FN-10-A-06]:

Explain key components of national and international guidelines for meal planning.

[SLO:FN-10-A-07]:

Discuss nutrition practices in local community.

<p>Define human energy requirements.</p> <p>[SLO:FN-09-A-10]:</p> <p>Explain the concept of calories.</p> <p>[SLO:FN-09-A-11]:</p> <p>Define components of energy expenditure.</p>	
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Domain B: Nutritional Assessment

Standard: Students will plot and interpret growth charts to elaborate/show/pictorially represent growth parameters.

<p>Benchmark I: The students will be able to plot and interpret growth parameters.</p>	<p>Benchmark I: The students will be able to explain nutrition assessment of all age groups using the different nutrition screening tools.</p>
<p>Student Learning Outcomes</p>	

<p>[SLO:FN-09-B-01]: Explain anthropometric measurements.</p> <p>[SLO:FN-09-B-02]: Elaborate growth parameters and plot them on growth charts.</p> <p>[SLO:FN-09-B-03]: Interpret growth charts.</p>	<p>[SLO:FN-10-B-01]: Discuss direct and indirect methods of nutritional assessment.</p> <p>[SLO:FN-10-B-02]: Differentiate between Direct and Indirect methods of nutritional assessment.</p> <p>[SLO:FN-10-B-03]: Explain Dietary evaluation methods.</p> <p>[SLO:FN-10-B-04]: Plot and interpret growth parameters.</p>
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Domain C: Food preparation and meal planning

Standard: Students will demonstrate the ability to plan, prepare, and present nutritionally balanced meals that adhere to food safety standards, showcasing proficiency in knife skills, cooking methods, menu planning, and effective time and budget management

Grade 9	Grade 10
<p>Benchmark I: Student will be able to prepare meals and possess a comprehensive understanding of modern food safety practices, utilizing advanced technologies to ensure the safe handling, storage, and preparation of food.</p>	<p>Benchmark II: Students will be able to learn creative learning skills, design different types of menus.</p>
<p>[SLO:FN-09-C-01]: Explain food preparation and the concept of hygiene.</p> <p>[SLO:FN-09-C-02]:</p>	<p>[SLO:FN-10-C-01]: Discuss creative and experimental techniques of cooking.</p> <p>[SLO:FN-10-C-02]:</p>

<p>Discuss basic cooking skills such as the use of spoon, folk, knife, boiling, frying, baking etc.</p> <p>[SLO:FN-09-C-03]:</p> <p>Discuss the basic concepts of food science and technology.</p> <p>[SLO:FN-09-C-04]:</p> <p>Explain the application of food science to the selection, preservation, processing, packaging, distribution, and use of safe food.</p> <p>[SLO:FN-09-C-05]:</p> <p>Discuss the concept of safe food handling such as cleaning and sanitizing, temperature control and personal hygiene.</p>	<p>Discuss basic meal planning.</p> <p>[SLO:FN-10-C-03]:</p> <p>Discuss different types of menus.</p> <p>[SLO:FN-10-C-04]:</p> <p>Explain the concept and benefits of food budgeting.</p>
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Domain D: Nutrition in lifecycle.

Standard: Students will be able to describe the nutritional requirements and their importance in different stages of life; from preconception to geriatric stage.

Grade 9	Grade 10
<p>Benchmark I: Students will be able to explain the intergenerational cycle of malnutrition and nutritional demands during pregnancy, lactation and disease prevention.</p>	<p>Benchmark II: Students will be able to explain the nutritional needs in childhood and adolescence.</p>
<p>[SLO:FN-09-D-01]:</p> <p>Describe the Intergenerational cycle of malnutrition</p>	<p>[SLO:FN-10-D-01]:</p> <p>Identify and describe the nutritional needs in childhood.</p>



<p>[SLO:FN-09-D-02]:</p> <p>Explain the significance of nutrition in pregnancy and lactation.</p> <p>[SLO:FN-09-D-03]:</p> <p>Explain the role of balanced nutrition, energy requirements and healthy food choices during pregnancy.</p> <p>[SLO:FN-09-D-04]:</p> <p>Describe the significance of iron and folic acid in adolescence health.</p>	<p>[SLO:FN-10-D-02]:</p> <p>Describe the significance of vitamins A and D in childhood and infancy.</p> <p>[SLO:FN-10-D-03]:</p> <p>Describe the need and importance of school health and nutrition services.</p> <p>[SLO:FN-10-D-04]:</p> <p>Identify and describe the nutritional requirements in adolescence.</p> <p>[SLO:FN-10-D-05]:</p> <p>Explain the concept of bone health and how to maintain it throughout life.</p>
<p>[SLO:FN-09-D-05]:</p> <p>Discuss nutrition in infancy and the importance of breastfeeding.</p> <p>[SLO:FN-09-D-06]:</p> <p>Identify and explain the role of different ingredients of breast milk and its comparison to animal milks.</p>	<p>[SLO:FN-10-D-06]:</p> <p>Identify and describe the nutritional requirements in adult years.</p> <p>[SLO:FN-10-D-07]:</p> <p>Identify and describe the nutritional requirements in geriatric patients.</p>

Domain E: Nutrition and Disease

Standard: Students will be able to explain the role of medical nutrition therapy and balanced diet in treatment and prevention of different diseases.

Grade 9	Grade 10
<p>Benchmark I: Students will be able to explain the role of medical nutrition therapy and balanced diet in management and prevention of diseases.</p>	<p>Benchmark II: Students will explain medical nutrition therapy for food allergies, GIT disorders, communicable diseases, diabetes, cancer, pulmonary and pediatric specialties.</p>
<p>[SLO:FN-09-E-01]: Explain the concept of medical nutrition therapy.</p>	<p>[SLO:FN-10-E-01]: Explain medical nutrition therapy for food allergies.</p> <p>[SLO:FN-10-E-02]: Explain medical nutrition therapy for gastrointestinal tract disorders.</p> <p>[SLO:FN-10-E-03]: Explain medical nutrition therapy for communicable diseases.</p>
<p>[SLO:FN-09-E-02]: Explain the role of balanced nutrition.</p> <p>[SLO:FN-09-E-03]: Describe the role of nutrition for prevention of diseases.</p> <p>[SLO:FN-09-E-04]: Describe the role of nutrition for a healthy immune function.</p>	<p>[SLO:FN-10-E-04]: Describe the role of nutrition in geriatric patients.</p> <p>[SLO:FN-10-E-05]: Discuss nutrition therapy for diabetes and thyroid disorders.</p> <p>[SLO:FN-10-E-06]: Discuss Nutrition therapy for cancers, pulmonary disorders and pediatric specialties.</p>



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