UNIT 5

	NAME	Define health and illness. Identify and describe causes that produce illness.	Know and name the major groups of nutrients in food. Describe the functions of the groups of nutrients.	Name the nutrient contents of the most common foods.	Define diet and the characteristics of a good diet. Know about guidelines for carrying them out.	Describe basic guidelines for personal hygiene and their effects to prevent certain illnesses.	Describe basic guidelines for domestic hygiene and their effects to prevent certain illnesses.	Know and apply standards for drinking and storing food.	Describe basic guidelines for food hygiene to prevent certain illnesses.	Learn about symptoms that indicate illness and the importance of parents, guardians and doctors in caring for our health.	Understand information, acquire vocabulary about health, illness, diet and hygiene, express knowledge and opinions both orally and in writing and show interest in reading texts.	Know and apply mathematical elements and strategies to classifying information about food groups.	Obtain and organise information, working with the unit structure, and using digital resources with interest and responsibility.	Show initiative, accept mistakes when doing self-evaluation, persevere in reinforcement tasks and actively participate in cooperative learning exercises.
1														
2														
3														
4														
5														
6														
7														
8														
9														
10														
11														
12														
13														
14														
15														
16														
17														
18														
19														
20														
21														
22														
23														
24														
25														
26														
27														
28														
29														
30														