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|  **Food Preparation, Cooking and Nutrition - Year 11Medium Term Plan/SOW** | **The Academy of St Francis of Assisi** |
|  | **Developing knowledge and skills in Food Preparation, Cooking and Nutrition**  | **Number of lessons in SOW** |  |
| **Overarching Curricular Goals (Aims)**  | **By the end of this SOW students will:** Have successfully completed NEA 1 (Food Investigation) and NEA 2 (Food Preparation Assessment) and developed and built upon their knowledge in preparation for the written assessment. **Knowledge Learners will:** Explore and develop their knowledge of five core topics* Food, nutrition and health
* Food science
* Food safety
* Food choice
* Food provenance

Know how to carry out a food investigation and plan for and evaluate a food preparation assessment **Skills: Learners will:** Complete practical activities chosen to develop a wide range of culinary skills which will be showcased in the food preparation assessment. These include* Knife skills
* Preparing fruit and vegetables
* Use of the cooker
* Use of equipment
* Cooking methods
* Preparing, combining and shaping
* Sauce making
* Tenderising and marinating
* Dough
* Raising Agents
* Setting mixtures
 | **Links to National Curriculum****Links to & building upon prior learningIncluding KS2 if Yr7** | GCSE specifications in food preparation and nutrition must equip students with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. They should encourage students to cook and enable them to make informed decisions about a wide range of further learning opportunities and career pathways as well as develop vital life skills that enable them to feed themselves and others affordably and nutritiously, now and later in life.   |
| **Outcomes/Success Criteria** |
| **2/3 tier vocabulary** | **Differentiation/Scaffolding/Support** | **Stretch and challenge opportunities in class, enrichment and home learning.** | **Opportunities for wider reading/Listening/watching.** |
| **2/3 tier vocabulary:** See Key Vocabulary list Add hyperlink t KO | **Knowledge Support:** Use KO to deal with common misconceptions to help to embed technical and food science terminology. Differentiate tasks according to student’s ability where possible. Relate theory knowledge to practical tasks and demonstrations whenever possible to allow students to deepen their knowledge through a visual example. **Reading support** -Use of KO to help with new food science and technical terminology. Use of dual coding with recipe PowerPoints to allow to students to link the task to the written word. **Skills support** – Demonstrations of full recipes and spot demonstrations when a class misconception is identified. Use of dual coded recipes. Recipes broken down into easy to follow steps. Support from Food Technician  | **Stretch and Challenge:** In practical lesson, differentiation by task, with the opportunity to adapt and alter recipes to increase challenge level. In NEA 1, students will choose more food investigations than their peers and select higher level skilled dishes in NEA 2.**Home Learning**: Regular homework tasks set. Recipe booklet provided to students to allow them to continue to practice food preparation and cooking tasks at home if possible. Seneca assignments set regularly **Enrichment:** Opportunities to become involved with events such as Refugee Week, Charity Bake Sales, Healthy Eating Week | **Watch** BBC I Player – Food Channel Variety of food and cookery related TV shows available [**https://www.bbc.co.uk/iplayer/categories/food/featured**](https://www.bbc.co.uk/iplayer/categories/food/featured)**Jamie’s Home Cooking Skills YouTube**[**https://www.youtube.com/channel/UCpSgg\_ECBj25s9moCDfSTsA**](https://www.youtube.com/channel/UCpSgg_ECBj25s9moCDfSTsA)**Food Science – Gastrolab**[**https://www.youtube.com/playlist?list=PLcvEcrsF\_9zIqo2A3ts2EDohTauY1Y2U4**](https://www.youtube.com/playlist?list=PLcvEcrsF_9zIqo2A3ts2EDohTauY1Y2U4)**Read**Wide selection of food and cookery books available in department  |

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| Practical Skills – There are 20 different skills groups that students must cover during the Food Preparation, Cooking and Nutrition GCSE course. These are outlined below and referred to by number in the SOW.N.B – Practical lessons are chosen in order to ensure that the full range of skills are covered, however planned recipes are subject to change, due to availability of ingredients, weather and religious and cultural requirements. |
| Skill Number  | Skill Group  | Techniques students must demonstrate  |
| 1 | Knife Skills  | * Fillet a chicken breast,
* Portion a chicken,
* Remove fat and rind from meat
* Fillet fish
* Slice raw and cooked meat or fish and alternatives such as tofu and halloumi, evenly and accurately.
* Cut and slice fruit and vegetables using the bridge hold and claw grip
* Peel, slice, dice and cut fruit and vegetables into evenly sized pieces
 |
| 2 | Prepare fruit and vegetables | * Mash, shred, scissor snip, scoop, crush, grate and peel and segment fruit and vegetables
* De-skin, de-seed, blanch, shape, pipe, blend and juice fruit and vegetables
* Prepare garnishes
 |
| 3 | Prepare, combine and shape | * Roll, wrap, skewer, mix, coat and layer meat, fish and alternatives
* Shape and bind wet mixtures, such as fishcakes and meatballs
 |
| 4 | Tenderise and marinate | * Show how acids denature proteins by using a marinade
* Show how marinades add flavour and moisture whilst preparing meat, fish, vegetables and alternatives
 |
| 5 | Select and adjust a cooking process | * Select and adjust the cooking process and length of time to suit the ingredient
 |
| 6 | Weigh and measure | * Weigh and measure solid and liquid ingredients accurately
 |
| 7 | Preparation of ingredients and equipment | * Grease, oil line and flour evenly
 |
| 8 | Use of equipment  | * Blender
* Food Processor
* Mixer
* Microwave
 |
| 10 | Water based cooking methods using the hob  | * Steaming foods
* Boiling and simmering
* Blanching
* Poaching
 |
| 11 | Dry heat and fat based cooking methods using the hob | * Dry fry
* Pan or shallow fry
* Stir Fry
 |
| 12 | Using the grill | * Charring (blackening the surface of foods, such as a pepper)
* Toast and grill
 |
| 13 | Make sauces  | * Make a roux, all in one and infused sauce such as velouté or bechamel
* Make a reduction and emulsion sauce
 |
| 14 | Set a mixture by removing heat (gelation) | * Use a starch to set mixture on chilling, for dessert such as cheesecake or custard
 |
| 15 | Set a mixture by heating (coagulation)  | * Use a protein to set a mixture when it is heated
 |
| 16 | Using raising agents | * Use egg, steam and chemical raising agents in recipes
 |
| 17 | Make a dough | * Shortening, gluten formation and fermentation
 |
| 18 | Shaping and finishing a dough | * Roll out pastry, line a flan ring or dish, create layers, allow a dough to prove, glaze and finish dough
 |
| 19 | Test for readiness | * Use a temperature probe, use a knife or skewer to test, check the ‘bite’ and colour
 |
| 20 | Judge and manipulate sensory properties  | * Alter flavour by tasting and seasoning, change texture and appearance and portion and present dishes properly
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| Week Commencing or Lesson Number | Sequence of learning, lesson title, theme, big question | Key concepts/ outcomes/Knowledge/skills | Assessment  | Homework  | Key Vocabulary  | Cultural Capital  | Recall of prior or future topics | Resources  |
|  | Introduction to NEA1 | *NB – The brief for NEA 1 is not released until 1st September. Planning will be updated accordingly upon release of brief.* | Inform students of the requirements for NEA 1. Share timeline – 8 hours allowed on this assessment.Students complete exemplar work task – grading work in groups. | Seneca – Working Characteristics of Ingredients Assignment  | InterpretInvestigateAnalyse Explain Sensory Testing  |  | To be completed on release of the exam brief | Exemplar Work PowerPoint  |
|  | Researching function of ingredients  | Students take notes and gather information to use for research task |  |  | To be completed on release of the exam brief  |  | To be completed on release of the exam brief | PowerPointResearch resources – books (TBC)  |
|  | Researching function of ingredients | Students continue gathering research using a wide range of resources.  | Exemplar research work task. Starting to collate research. | Seneca – Working Characteristics of Ingredients Assignment | Primary ResearchSecondary Research  |  | To be completed on release of the exam brief | PowerPointResearch resources – books (TBC)  |
|  | Section AInterpretation and Investigation (5 marks)  | 15 minutes – Introduction45 minutes – Working on NEA | Research the task and write up findingsIndividual work in exam conditions  |  | To be completed on release of the exam brief  |  | To be completed on release of the exam brief | PowerPointResearch resources – books (TBC)IT Facilities  |
|  | Section AInterpretation and Investigation (5 marks)  | Continue work on Section A 15 minutes introduction45 minutes- Working on NEA  | Research task and write up findings Individual work in exam conditions  | Seneca – Working Characteristics of Ingredients Assignment | To be completed on release of the exam brief  |  | To be completed on release of the exam brief | PowerPointResearch resources – books (TBC)IT Facilities |
|  | Plan of action workshop  | How to write a plan of action /carry out the practical tasks | Students use exemplar plans of action and understand how to write their own (to be done in NEA conditions next lesson)  |  | Hypothesis |  | To be completed on release of the exam brief | PowerPointExemplar Work  |
|  | Section AInterpretation and Investigation (5 marks)  | Continue work on Section A (Focus on plan of action)15 minutes introduction45 minutes – Working on NEA  | Research and plan of action Individual work in exam conditions  | Seneca – Recipes Failing Assignment | To be completed on release of the exam brief  |  | To be completed on release of the exam brief | PowerPointResearch resources – books (TBC)IT Facilities |
|  |  Section B – Carrying out the plan of actionPractical Activity  | 15 minutes introduction and preparing for work45 minutes – Working on NEA | Carry out the practical activities – practical work to be labelled and frozen Students to take photographs of methods and work Individual work in exam conditions  |  | To be completed on release of the exam brief  |  | To be completed on release of the exam brief | Ingredients and equipment PowerPointRecipes |
|  | Section B – Carrying out the plan of action Practical Activity  | 15 minutes introduction and preparing for work45 minutes – Working on NEA | Carry out the practical activities – practical work to be labelled and frozen Students to take photographs of methods and workIndividual work in exam conditions  | Seneca – Recipes Failing Assignment | To be completed on release of the exam brief  |  | To be completed on release of the exam brief | Ingredients and equipmentPowerPointRecipes |
|  | Section B – Carrying out the plan of action Practical  | 15 minutes introduction and preparing for work45 minutes – Working on NEA | Carry out the practical activities – practical work to be labelled and frozen Students to take photographs of methods and workIndividual work in exam conditions |  | To be completed on release of the exam brief  |  | To be completed on release of the exam brief | Ingredients and equipmentPowerPointRecipes |
|  | Section B – Carrying out the plan of action Practical  | 15 minutes introduction and preparing for work45 minutes – Working on NEA | Carry out the practical activities – practical work to be labelled and frozen Students to take photographs of methods and workIndividual work in exam conditions | Seneca – Recipes Failing Assignment | To be completed on release of the exam brief  |  | To be completed on release of the exam brief | Ingredients and equipmentPowerPointRecipes |
|  | Section C – Analyse data and results   | 15 minutes introduction45 minutes – Working on NEA | Carrying out tests and sensory analysisIndividual work in exam conditions | Seneca- Sensory Testing Assignment  | To be completed on release of the exam brief  |  | To be completed on release of the exam brief | IT FacilitiesPowerPointRecipes |
|  | Section C – Analyse data and results   | 15 minutes introduction 45 minutes – Working on NEA | Carrying out tests and sensory analysisIndividual work in exam conditions |  | To be completed on release of the exam brief |  | To be completed on release of the exam brief | IT FacilitiesPowerPointRecipes |
|  | Writing results workshop  | How to write up results | Students use exemplar results sections and understand how to write their own results sections to be done in NEA conditions next lesson  | Seneca – Recipes Failing Assignment |  |  | To be completed on release of the exam brief | IT FacilitiesPowerPoint Recipes |
|  | Section C – Analyse data and results  | 15 minutes introduction 45 minutes – Working on NEA  | Carrying out tests and sensory analysisIndividual work in exam conditions |  | To be completed on release of the exam brief |  | To be completed on release of the exam brief | IT FacilitiesPowerPoint |
|  | Section C – Analyse data and results  | 15 minutes introduction45 minutes – working on NEA | Carrying out tests and sensory analysis Individual work in exam conditions | Seneca – Recipes Failing Assignment | To be completed on release of the exam brief |  | To be completed on release of the exam brief | IT FacilitiesPowerPoint |
|  | Section C – Analyse data and results  | Final 30 minutes Collating work ensuring all photographs are present and work is saved in central area.  | Carrying out tests and sensory analysis Individual work in exam conditions |  | To be completed on release of the exam brief |  | To be completed on release of the exam brief | IT Facilities |
|  | Introduction to NEA 2 | *NB – The brief for NEA 2 is not released until 1st November. Planning will be updated accordingly upon release of brief* | Introduction to the briefExemplar work task / understanding skills | Seneca- Food Preparation and Cooking Techniques Assignment  | To be completed on release of the exam brief |  | To be completed on release of the exam brief | PowerPointExemplar Work  |
|  | Practical Session – Skills building  | NB- Practical lessons will be decided on release of the 2020 NEA exam brief |  |  | To be completed on release of the exam brief |  | To be completed on release of the exam brief | Ingredients and equipment PowerPoint  |
|  | Practical Session – Skills building | NB- Practical lessons will be decided on release of the 2020 NEA exam brief |  | Research the brief and create a mindmap or collage | To be completed on release of the exam brief |  | To be completed on release of the exam brief | Ingredients and equipmentPowerPoint  |
|  | NEA SESSION 1Section A Research, trialling and testing, selecting a menu and making a dovetailed timeplan  | Introduction 15 minutes45 minutes work time | Mind map, begin research and writing up To be completed in exam conditions  |  | To be completed on release of the exam brief | Building culinary knowledge – commodities and dishes | To be completed on release of the exam brief | PowerPointResearch resources – books (TBC)IT Facilities |
|  | Practical Session – Skills Building  | NB- Practical lessons will be decided on release of the 2020 NEA exam brief |  | Seneca- Food Preparation and Cooking Techniques Assignment | To be completed on release of the exam brief | Practical Cookery Activity  | To be completed on release of the exam brief | Ingredients and equipmentPowerPoint  |
|  | NEA SESSION 2Section A Research, trialling and testing, selecting a menu and making a dovetailed timeplan | Introduction 15 minutes45 minutes work time | Finishing off research. Start primary research and write up.To be completed in exam conditions  |  | To be completed on release of the exam brief | Building culinary knowledge – commodities and dishes | To be completed on release of the exam brief | PowerPointResearch resources – books (TBC)IT Facilities |
|  | Practical Session – Skills Building | NB- Practical lessons will be decided on release of the 2020 NEA exam brief |  | Seneca- Food Preparation and Cooking Techniques Assignment | To be completed on release of the exam brief |  | To be completed on release of the exam brief | Ingredients and equipmentPowerPoint  |
|  |  NEA SESSION 3Section A Section A Research, trialling and testing, selecting a menu and making a dovetailed timeplan | Introduction 15 minutes45 minutes work time | Complete primary research write upTo be completed in exam conditions  |  | To be completed on release of the exam brief | Building culinary knowledge – commodities and dishes | To be completed on release of the exam brief | PowerPointIT facilities Exemplar work  |
|  | Practical Session – Skills Building  | NB- Practical lessons will be decided on release of the 2020 NEA exam brief |  | Seneca- Food Preparation and Cooking Techniques Assignment | To be completed on release of the exam brief |  | To be completed on release of the exam brief | Ingredients and equipmentPowerPoint |
|  | NEA SESSION 4 Section A Research, trialling and testing, selecting a menu and making a dovetailed timeplan | Introduction – 15 minutes45 minutes working on NEA | Practical Trialling 1Photographs to be taken throughoutTo be completed in exam conditions  |  | To be completed on release of the exam brief |  | To be completed on release of the exam brief | Ingredients and equipmentCameraName labels Recipes |
|  | NEA SESSION 5 Section A Research, trialling and testing, selecting a menu and making a dovetailed timeplan | Introduction – 15 minutes45 minutes working on NEA | Practical Trialling 2Photographs to be taken throughoutTo be completed in exam conditions | Seneca- Food Preparation and Cooking Techniques Assignment | To be completed on release of the exam brief |  | To be completed on release of the exam brief | Ingredients and equipmentCameraName labelsRecipes  |
|  | NEA SESSION 6 Section A Research, trialling and testing, selecting a menu and making a dovetailed timeplan | Introduction – 15 minutes Write up trialling45 minutes working on NEA | Write up trial 1&2Photographs to be taken throughoutTo be completed in exam conditions |  | To be completed on release of the exam brief | Building culinary knowledge – commodities and dishes | To be completed on release of the exam brief | PowerPointIT Facilities  |
|  | NEA SESSION 7 Section A Research, trialling and testing, selecting a menu and making a dovetailed timeplan | Introduction – 15 minutes45 minutes working on NEA | Practical Trialling 3Photographs to be taken throughoutTo be completed in exam conditions | Seneca- Food Preparation and Cooking Techniques Assignment | To be completed on release of the exam brief |  | To be completed on release of the exam brief | Ingredients and equipmentCameraName labelsRecipes |
|  | NEA SESSION 8 – Section AResearch, trialling and testing, selecting a menu and making a dovetailed timeplan | Introduction 15 minutes45 minutes working on NEA  | Write up final trial and reasons for choice of dishes To be completed in exam conditions |  | To be completed on release of the exam brief | Building culinary knowledge – commodities and dishes | To be completed on release of the exam brief | PowerPointIT Facilities |
|  | NEA SESSION 9 - Section AResearch, trialling and testing, selecting a menu and making a dovetailed timeplan  | Introduction – 15 minutes45 minutes working on NEA | Reasons for choice of dishes/Shopping and Equipment List To be completed in exam conditions | Seneca- Food Preparation and Cooking Techniques Assignment | To be completed on release of the exam brief | Building culinary knowledge – commodities and dishes | To be completed on release of the exam brief | PowerPointIT Facilities |
|  | NEA SESSION 10 - Section AResearch, trialling and testing, selecting a menu and making a dovetailed timeplan  | Introduction – 15 minutes45 minutes working on NEA | Reasons for choice of dishes/Shopping and Equipment List To be completed in exam conditions |  | To be completed on release of the exam brief | Building culinary knowledge – commodities and dishes | To be completed on release of the exam brief | PowerPointIT Facilities |
|  | NEA SESSION 11- Research, trialling and testing, selecting a menu and making a dovetailed timeplan | Introduction – 15 minutes45 minutes working on NEA | Reasons for choice of dishes/Shopping and Equipment List / Finishing off other parts of Section A To be completed in exam conditions | Seneca- Food Preparation and Cooking Techniques Assignment | To be completed on release of the exam brief | Building culinary knowledge – commodities and dishes | To be completed on release of the exam brief | PowerPointIT Facilities |
|  | At this point students are ready to complete the 3-hour practical exam which will need to be conducted off timetable in groups of 5. |  |  |  |  |
|  | NEA SESSION 12 SECTION CEvaluating the assessment | 15-minute introduction45 minutes working on NEA  | Writing evaluation of practical To be completed in exam conditions  |  | To be completed on release of the exam brief | Building culinary knowledge – commodities and dishes | To be completed on release of the exam brief | PowerPointIT Facilities |
|  | NEA SESSION 13 SECTION CEvaluating the assessment | 15-minute introduction45 minutes working on NEA  | Writing evaluation of practical To be completed in exam conditions | Seneca- Food Preparation and Cooking Techniques Assignment |  | Building culinary knowledge – commodities and dishes | To be completed on release of the exam brief | PowerPointIT Facilities |
|  | NEA SESSION 14SECTION CEvaluating the assessment | 15-minute introduction45 minutes working on NEA  | Writing evaluation of practical To be completed in exam conditions |  | To be completed on release of the exam brief | Building culinary knowledge – commodities and dishes | To be completed on release of the exam brief | PowerPointIT Facilities |
|  | NEA SESSION 15 SECTION CEvaluating the assessment | 15-minute introduction45 minutes working on NEA  | Writing evaluation of practical To be completed in exam conditions | Seneca- Food Preparation and Cooking Techniques Assignment | To be completed on release of the exam brief | Building culinary knowledge – commodities and dishes | To be completed on release of the exam brief | PowerPointIT Facilities |
|  | NEA SESSION 16 SECTION CEvaluating the assessment | 15-minute introduction45 minutes working on NEA  | Writing evaluation of practical To be completed in exam conditions | Seneca – Protein Assignment  | To be completed on release of the exam brief | Building culinary knowledge – commodities and dishes | To be completed on release of the exam brief | PowerPointIT Facilities |
|  | Written Exam Revision Protein  | Source, function and structure of protein  | Completion of exam questionsPeer/Self marking using mark scheme | Read handout on fats and carbohydrates – highlight key points, make flash cardsSeneca – Fats Assignment  | Amino AcidsLow Biological ValueHigh Biological ValueAlternative Protein  | Focus on diet and good health  | Brain dump on protein to assess current knowledgeLow stakes quiz/Flashcards | PowerPointPractice exam questions Pg. 4-5 CGP Practice exam q workbook  |
|  | Written Exam Revision Fats | Source, function and structure of fat  | Completion of exam questionsPeer/self-marking using mark scheme | Seneca- Carbohydrates Assignment  | Saturated UnsaturatedEssential Fatty AcidsMonosaturatedPolyunsaturated | Focus on diet and good health | Brain dump on fats to assess current knowledgeLow stakes quiz on fats and protein  | PowerPointPractice exam questions Pg. 6-7 CGP Practice exam q workbook |
|  | Written Exam Revision Carbohydrates | Source, function and structure of carbohydrates | Completion of exam questionsPeer/self-marking using mark scheme | Read handout on vitamins, highlighting key points and making flashcardsSeneca – macronutrients assignment  | GlucoseFructoseLactoseMonosaccharideDisaccharidePolysaccharideTrisaccharideEmpty CaloriesSimpleStarchGlycaemic Index | Focus on diet and good health | Brain dump on carbohydrates to assess current knowledgeLow stakes quiz on fats, protein and carbohydrates  | PowerPointPractice exam questions Pg. 7-8 CGP Practice exam q workbook |
|  | Written Exam Revision Fat Soluble Vitamins | Source and function of fat-soluble vitamins | Completion of exam questionsPeer/self-marking using mark schemeMaking flashcards | Seneca – macronutrients assignment | SolubleDeficiencyExcess | Focus on diet and good health | Low stakes quiz on all previous revision topicsFlashcards on fat soluble vitamins  | PowerPoint Practice exam questions Pg. 10 CGP Practice exam q workbook |
|  | Written Exam RevisionWater Soluble Vitamins  | Source and function of water-soluble vitamins  |  Completion of exam questionsPeer/self-marking using mark schemeMaking flashcards | Read handout on minerals and fibre and water, highlighting key points and making flashcards Seneca – macronutrients assignment | SolubleDeficiencyExcess | Focus on diet and good health | Low stakes quiz on all previous revision topics | PowerPoint Practice exam questions Pg. 11 CGP Practice exam q workbook |
|  | Written Exam RevisionMinerals  | Source and function of minerals |  Completion of exam questionsPeer/self-marking using mark schemeMaking flashcards | Seneca – macronutrients assignment | DeficiencyExcess | Focus on diet and good health | Low stakes quiz on macro and micronutrients Low stakes quiz on all previous revision topics | PowerPoint Practice exam questions Pg. 12 CGP Practice exam q workbook |
|  | Written Exam RevisionFibre and water  | Source and function of water  |  Completion of exam style questionsPeer/ Self marking using exam mark scheme | Read handout on Healthy Eating Guidelines and make flashcards. Make sure you memorise them for next lesson Seneca- Diet and Good Health Assignment | Non-Starch PolysaccharideHydration  | Focus on diet and good health | Braindump on micro and macronutrientsLow stakes quiz on all previous revision topics | PowerPoint Practice exam questions Pg.13 CGP Practice exam q workbook |
|  | Written Exam RevisionDiet and good health  | The Eatwell Guide8 Guidelines for a healthy lifestyle  | Completion of exam style questionsPeer/ Self marking using exam mark scheme | Seneca Revision Assignments (TBC) | Starchy carbohydratesHydration Protein Saturated Fat | Focus on diet and good health | Braindump of Diet and good healthFlashcards on guidelines and Eatwell plate sections to enable memory retention  | PowerPoint Practice exam questions Pg. 14 CGP Practice exam q workbook |
|  | Written Exam RevisionNutritional needs of different age groups  | Nutritional needs of babies, toddlers, teens, adults and elderly  | Completion of exam style questionsPeer/ Self marking using exam mark scheme | Revision for AP2 Make flashcards Seneca Revision Assignment (TBC)  | Anaemia  | Focus on diet and good health | Low stakes quiz on the nutritional needs of different ages groups Low stakes quiz on all previous revision topics | PowerPoint Practice exam questions Pg. 15 CGP Practice exam q workbook |
|  | AP2 PAST PAPER  |  | Teacher assessment  |  |  |  |  |  |
|  | Feedback on AP2 and Improvements  |  | Completion of exam style questionsPeer/ Self marking using exam mark scheme | Reading on Diet Related Health Problems and Energy needs. Highlight key points and create flashcards |  |  |  |  |
|  | Diet Related Health Problems  | Cardiovascular DiseaseDental CariesType 2 DiabetesObesity Osteoporosis | Completion of exam style questionsPeer/ Self marking using exam mark scheme | Seneca – Diet related health problems assignment  | Cardiovascular DiseaseDental CariesType 2 DiabetesObesity Osteoporosis | Focus on diet and good health | Flashcard activityLow stakes quiz on all previous revision topics | PowerPoint Practice exam questions Pg. 16/17 CGP Practice exam q workbook |
|  | Energy Needs  | BMRPALMacronutrient | Completion of exam style questionsPeer/ Self marking using exam mark scheme | Seneca – Energy Needs Assignment  | BMRPALMacronutrient | Focus on diet and good health | Low stakes quiz on all previous revision topicsFlashcard activity to enable memory retention of energy needs key words | PowerPoint Practice exam questions Pg. 18 CGP Practice exam q workbook |
|  | Written Exam Revision Nutritional Analysis | Reading labels, modifying recipes |  Completion of exam style questionsPeer/ Self marking using exam mark scheme | Reading on Planning Meals for different groups Seneca- Meal planning assignment  | Nutritional Analysis  | Focus on diet and good health | Braindump on food labelsLow stakes quiz on all previous revision topics  | PowerPoint Computer access needed Practice exam questions Pg. 19/20 CGP Practice exam q workbook |
|  | Written Exam Revision Planning Meals for different groups | Age, specific dietary needs, allergies and intolerances  | Completion of exam style questionsPeer/ Self marking using exam mark scheme | Reading on heat transfer, making flashcards | AllergiesIntolerancesPortion Control  | Focus on diet and good health | Braindump on nutritional needs of different age groups.  | PowerPoint Practice exam questions Pg. 21/22 CGP Practice exam q workbook |
|  | Written exam revision Why food is cooked and heat transfer  | Why we eat foodConduction, convection and radiation |  Completion of exam style questionsPeer/ Self marking using exam mark scheme | Seneca- Heat transfer assignment  | ConductionConvection Radiation  |  | Flashcards to aid memory retention of heat transfer Low stakes quiz on all previous revision topics | PowerPoint Practice exam questions Pg. 23 CGP Practice exam q workbook |
|  | Written Exam Revision Cooking methods  | Water, fat and dry based cooking methods  |  Completion of exam style questionsPeer/ Self marking using exam mark scheme | Reading on changing properties protein, carbohydrate and protein – KO Seneca – changing properties assignment  | SimmeringBlanching  |  | Low stakes quiz on all previous revision topicsFlashcards to aid memory retention of cooking methods | PowerPoint Practice exam questions Pg. 24, 25, 26 CGP Practice exam q workbook |
|  |  Written Exam Revision Changing properties- Protein | Foam, role of gluten, coagulation, denaturation  | Completion of exam style questionsPeer/ Self marking using exam mark scheme | Seneca – changing properties assignmentLearn KO keywords for next lesson | CoagulationDenaturation Gluten  |  | Braindump on proteinFlashcards to aid memory retention of keywords and concepts  | PowerPoint Practice exam questions Pg. 28 CGP Practice exam q workbook |
|  |  Written Exam Revision Changing properties- Carbohydrates | Caramelisation, maillard dextrinisation, reaction, gelatinisation,  | Completion of exam style questionsPeer/ Self marking using exam mark scheme | Seneca – changing properties assignment | Caramelisation, maillard dextrinisation, reaction, gelatinisation, |  | Braindump on carbohydratesFlashcards to aid memory retention of keywords and concepts | PowerPoint Practice exam questions Pg. 29 CGP Practice exam q workbook |
|  | Written Exam Revision - Fats and Oils | Aeration, plasticity, shortening, emulsification  |  Completion of exam style questionsPeer/ Self marking using exam mark scheme | Seneca – changing properties assignmentLearn KO keywords for next lesson  | Aeration, plasticity, shortening, emulsification |  | Braindump on fats and oils Flashcards to aid memory retention of keywords and concepts | PowerPoint Practice exam questions Pg. 30 CGP Practice exam q workbook |
|  |  Written Exam Revision – Raising Agents | Crème of tartar, baking powder, steam, creaming, beating, whisking, sieving, folding  | Completion of exam style questionsPeer/ Self marking using exam mark scheme | Seneca – changing properties assignmentLearn key terms from KO for next lesson  | Crème of tartar, baking powder, steam, creaming, beating, whisking, sieving, folding |  | Low stakes quiz on all previous revision topics Flashcards to aid memory retention of all keywords and concepts  | PowerPoint Practice exam questions Pg. 31 CGP Practice exam q workbook |
|  | Written Exam Revision – Use of micro organisms  | Fermentation, moulds, probiotics | Completion of exam style questionsPeer/ Self marking using exam mark scheme | Seneca microorganism’s assignment | Fermentation, moulds, probiotics |  | Low stakes quiz on all previous revision topics  | PowerPoint Practice exam questions Pg. 32 CGP Practice exam q workbook |
|  | Written Exam Revision – Food Spoilage  | Enzymes, mould, yeast  | Completion of exam style questionsPeer/ Self marking using exam mark scheme | Seneca food spoilage assignmentLearn key terms from KO for next lesson  | Enzymes, mould, yeast |  | Low stakes quiz on all previous revision topics  | PowerPoint Practice exam questions Pg. 33 CGP Practice exam q workbook |
|  | Written Exam Revision –Food Poisoning, storing and preparing food safely  | Critical temperatures, preservation techniques, best before, use by, cross contamination, types of pathogenic bacteria  |  Completion of exam style questionsPeer/ Self marking using exam mark scheme | Seneca – food poisoning assignment  | Critical temperatures, preservation, cross contamination, salmonella, listeria, campylobacter, E. coli  | Focus on health  | Low stakes quiz on all previous revision topics Braindump on food safety and storage | PowerPoint Practice exam questions Pg. 34 & 35CGP Practice exam q workbook |
|  | Written Exam Revision Grown Food/GM Crops | Intensive farming, organic farming, GM crops | Completion of exam style questionsPeer/ Self marking using exam mark scheme | Seneca – Farming assignment learn key terms for next lesson  | Intensive farming, organic, genetic modification  | Focus on environmental issues  | Low stakes quiz on all previous revision topics Flashcards to aid memory retention of all keywords and concepts | PowerPoint Practice exam questions Pg. 38 & 39 CGP Practice exam q workbook |
|  | Written Exam Revision Reared and caught food | Factory farming, free range farming, certification marks, fish trawling and fish farming, sustainable fishing methods  | Completion of exam style questionsPeer/ Self marking using exam mark scheme | Seneca – Farming assignment learn key terms for next lesson | Free range, intensive, trawling, certification, sustainability  | Focus on environmental issues | Low stakes quiz on all previous revision topics Flashcards to aid memory retention of all keywords and concepts | PowerPoint Practice exam questions Pg. 39 & 40 CGP Practice exam q workbook |
|  | Written Exam Revision Food Wastage and Packaging  | Function of packaging, effect on environment, financial impact of food waste, ways to reduce food waste, effect on environment  | Completion of exam style questionsPeer/ Self marking using exam mark scheme | Seneca – Sustainability assignment learn key terms for next lesson | Carbon footprint, sustainability  | Focus on environmental issues | Low stakes quiz on all previous revision topics Flashcards to aid memory retention of all keywords and concepts | PowerPoint Practice exam questions Pg. 41 CGP Practice exam q workbook |
|  | Written Exam Revision Food Miles and Carbon Footprint  | Locally produced and imported food, carbon footprint of food products and individuals  | Completion of exam style questionsPeer/ Self marking using exam mark scheme | Seneca – Sustainability assignment learn key terms for next lesson | Importation, carbon footprint, impact | Focus on environmental issues | Low stakes quiz on all previous revision topics Flashcards to aid memory retention of all keywords and concepts | PowerPoint Practice exam questions Pg. 42 CGP Practice exam q workbook |
|  | Written Exam Revision – Global Food Production  | Food poverty, effect of climate change on food production  | Completion of exam style questionsPeer/ Self marking using exam mark scheme | Seneca – Sustainability assignment learn key terms for next lesson | Global, climate change, carbon footprint  | Focus on environmental issues | Low stakes quiz on all previous revision topics Flashcards to aid memory retention of all keywords and concepts | PowerPoint Practice exam questions Pg. 43 & 44 CGP Practice exam q workbook |
|  | Written Exam Revision – British and International Cuisines  | Traditions of British, Indian, Italian and Chinese cuisine  | Completion of exam style questionsPeer/ Self marking using exam mark scheme | Seneca – International cuisines assignment Learn key terms for next lesson | Cuisine  | Focus on different cultural traditions  | Braindump on key cuisines Low stakes quiz on all previous revision topics Flashcards to aid memory retention of all keywords and concepts | PowerPoint Practice exam questions Pg. 45 CGP Practice exam q workbook |
|  | Written Exam Revision – Primary Food Processing  | Primary food processing, milk treatment, how processing alters the nutritional and sensory properties of food | Completion of exam style questionsPeer/ Self marking using exam mark scheme | Seneca- Food Processing Assignment Learn key terms for next lesson  | Primary food processing, sensory properties  | Focus on environmental issues | Low stakes quiz on all previous revision topics Flashcards to aid memory retention of all keywords and concepts | PowerPoint Practice exam questions Pg. 46 CGP Practice exam q workbook |
|  | Written Exam Revision * Secondary Food Processing
 | Secondary food processing, cheesemaking, flour into bread, fruit processing to make jams, jellies and juices | .  Completion of exam style questionsPeer/ Self marking using exam mark scheme | Seneca- Food Processing Assignment Learn key terms for next lesson | Secondary food processing, preservation  | Focus on environmental issues | Low stakes quiz on all previous revision topics Flashcards to aid memory retention of all keywords and concepts | PowerPoint Practice exam questions Pg. 47 CGP Practice exam q workbook |
|  | Written Exam Revision Food Fortification and Modification  | Artificial sweeteners, preservatives and colourings. E numbers. Fortification of flour, cereals and margarine  | Completion of exam style questionsPeer/ Self marking using exam mark scheme |  | Artificial, preservative, fortification  | Focus on environmental issues | Low stakes quiz on all previous revision topics Flashcards to aid memory retention of all keywords and concepts | PowerPoint Practice exam questions Pg. 48 & 49 CGP Practice exam q workbook |
|  | Written Exam Revision Influence on food choice  | Seasonal foods, location, income, cooking experience, cultural  | Completion of exam style questionsPeer/ Self marking using exam mark scheme | Seneca- Food Choice Assignment Learn key terms for next lesson | Seasonality |  | Low stakes quiz on all previous revision topics Flashcards to aid memory retention of all keywords and concepts | PowerPoint Practice exam questions Pg. 50& 51CGP Practice exam q workbook |
|  | Written Exam Revision Cultural, religious and moral food choices  | Judaism, Hinduism and Islam. Types of vegetarian and reasons for becoming vegetarian.  | Completion of exam style questionsPeer/ Self marking using exam mark scheme | Seneca- Cultural Food Choice Learn key terms for next lesson | Ethical, kosher, haram, halal, dietary custom, lacto- ovo vegetarian, lacto vegetarian, vegan | Focus on cultural food customs  | Braindump on religious dietary needs and types of vegetarian Low stakes quiz on all previous revision topics Flashcards to aid memory retention of all keywords and concepts | PowerPoint Practice exam questions Pg. 52 & 53 CGP Practice exam q workbook |
|  | Written Exam Revision – Food Labelling  | Nutritional information on a label, compulsory information on a label, FSA  | Completion of exam style questionsPeer/ Self marking using exam mark scheme | Seneca- Food Processing assignment Learn key terms for next lesson | Compulsory, mandatory, Food Standards Agency  | Focus on health  | Low stakes quiz on all previous revision topics Flashcards to aid memory retention of all keywords and concepts | PowerPoint Practice exam questions Pg. 54 CGP Practice exam q workbook |
|  | Written Exam Revision – Influences of Marketing | Marketing techniques, influence of packaging on consumer choice  | Completion of exam style questionsPeer/ Self marking using exam mark scheme | Seneca- Marketing and advertising assignment Learn key terms for next lesson | Marketing, advertising  |  | Low stakes quiz on all previous revision topics Flashcards to aid memory retention of all keywords and concepts | PowerPoint Practice exam questions Pg. 55 CGP Practice exam q workbook |
|  | General revision/recap | Revision of all topics  |  Low stakes quiz Completion of exam style questionsPeer/Self marking | General Seneca Revision Assignments Flashcards |  |  | Low stakes quizzes, use of flashcards and braindump  | Practice exam questions CGP Practice exam q workbook |
|  | General revision/recap | Revision of all topics | Low stakes quiz Completion of exam style questionsPeer/Self markingFlashcards  | General Seneca Revision Assignments Flashcards |  |  | Low stakes quizzes, use of flashcards and braindump | Practice exam questions CGP Practice exam q workbook |
|  | General revision/recap | Revision of all topics | Low stakes quiz Completion of exam style questionsPeer/Self markingFlashcards | General Seneca Revision Assignments Flashcards |  |  | Low stakes quizzes, use of flashcards and braindump | Practice exam questions CGP Practice exam q workbook |
|  | General revision/recap | Revision of all topics |  Low stakes quiz Completion of exam style questions Low stakes quiz Completion of exam style questionsPeer/Self markingFlashcards nsPeer/Self markingFlashcards | General Seneca Revision Assignments Flashcards |  |  | Low stakes quizzes, use of flashcards and braindump | Practice exam questions CGP Practice exam q workbook |
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