|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **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 learning Including 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 | | | |

|  |  |  |
| --- | --- | --- |
| 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 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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 | Interpret  Investigate  Analyse  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 | PowerPoint  Research 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 Research  Secondary Research |  | To be completed on release of the exam brief | PowerPoint  Research resources – books (TBC) |
|  | Section A  Interpretation and Investigation  (5 marks) | | 15 minutes – Introduction  45 minutes – Working on NEA | Research the task and write up findings  Individual work in exam conditions |  | To be completed on release of the exam brief |  | To be completed on release of the exam brief | PowerPoint  Research resources – books (TBC)  IT Facilities |
|  | Section A  Interpretation and Investigation  (5 marks) | | Continue work on Section A  15 minutes introduction  45 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 | PowerPoint  Research 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 | PowerPoint  Exemplar Work |
|  | Section A  Interpretation and Investigation  (5 marks) | | Continue work on Section A (Focus on plan of action)  15 minutes introduction  45 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 | PowerPoint  Research resources – books (TBC)  IT Facilities |
|  | Section B – Carrying out the plan of action  Practical Activity | | 15 minutes introduction and preparing for work  45 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  PowerPoint  Recipes |
|  | Section B – Carrying out the plan of action  Practical Activity | | 15 minutes introduction and preparing for work  45 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 | Seneca – Recipes Failing Assignment | To be completed on release of the exam brief |  | To be completed on release of the exam brief | Ingredients and equipment  PowerPoint  Recipes |
|  | Section B – Carrying out the plan of action Practical | | 15 minutes introduction and preparing for work  45 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  PowerPoint  Recipes |
|  | Section B – Carrying out the plan of action Practical | | 15 minutes introduction and preparing for work  45 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 | Seneca – Recipes Failing Assignment | To be completed on release of the exam brief |  | To be completed on release of the exam brief | Ingredients and equipment  PowerPoint  Recipes |
|  | Section C – Analyse data and results | | 15 minutes introduction  45 minutes – Working on NEA | Carrying out tests and sensory analysis  Individual 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 Facilities  PowerPoint  Recipes |
|  | Section C – Analyse data and results | | 15 minutes introduction  45 minutes – Working on NEA | 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  PowerPoint  Recipes |
|  | 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 Facilities  PowerPoint  Recipes |
|  | Section C – Analyse data and results | | 15 minutes introduction  45 minutes – Working on NEA | 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  PowerPoint |
|  | Section C – Analyse data and results | | 15 minutes introduction  45 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 Facilities  PowerPoint |
|  | 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 brief  Exemplar 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 | PowerPoint  Exemplar 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 equipment  PowerPoint |
|  | NEA SESSION 1  Section A  Research, trialling and testing, selecting a menu and making a dovetailed timeplan | | Introduction 15 minutes  45 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 | PowerPoint  Research 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 equipment  PowerPoint |
|  | NEA SESSION 2  Section A  Research, trialling and testing, selecting a menu and making a dovetailed timeplan | | Introduction 15 minutes  45 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 | PowerPoint  Research 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 equipment  PowerPoint |
|  | NEA SESSION 3  Section A  Section A  Research, trialling and testing, selecting a menu and making a dovetailed timeplan | | Introduction  15 minutes  45 minutes work time | Complete primary research 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 | PowerPoint  IT 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 equipment  PowerPoint |
|  | NEA SESSION 4 Section A  Research, trialling and testing, selecting a menu and making a dovetailed timeplan | | Introduction – 15 minutes  45 minutes working on NEA | Practical Trialling 1  Photographs to be taken throughout  To 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 equipment  Camera  Name labels  Recipes |
|  | NEA SESSION 5 Section A  Research, trialling and testing, selecting a menu and making a dovetailed timeplan | | Introduction – 15 minutes  45 minutes working on NEA | Practical Trialling 2  Photographs to be taken throughout  To 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 equipment  Camera  Name labels  Recipes |
|  | NEA SESSION 6 Section A  Research, trialling and testing, selecting a menu and making a dovetailed timeplan | | Introduction – 15 minutes  Write up trialling  45 minutes working on NEA | Write up trial 1&2  Photographs to be taken throughout  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 | PowerPoint  IT Facilities |
|  | NEA SESSION 7 Section A  Research, trialling and testing, selecting a menu and making a dovetailed timeplan | | Introduction – 15 minutes  45 minutes working on NEA | Practical Trialling 3  Photographs to be taken throughout  To 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 equipment  Camera  Name labels  Recipes |
|  | NEA SESSION 8 – Section A  Research, trialling and testing, selecting a menu and making a dovetailed timeplan | | Introduction 15 minutes  45 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 | PowerPoint  IT Facilities |
|  | NEA SESSION 9 - Section A  Research, trialling and testing, selecting a menu and making a dovetailed timeplan | | Introduction – 15 minutes  45 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 | PowerPoint  IT Facilities |
|  | NEA SESSION 10 -  Section A  Research, trialling and testing, selecting a menu and making a dovetailed timeplan | | Introduction – 15 minutes  45 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 | PowerPoint  IT Facilities |
|  | NEA SESSION 11-  Research, trialling and testing, selecting a menu and making a dovetailed timeplan | | Introduction – 15 minutes  45 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 | PowerPoint  IT 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 C  Evaluating the assessment | | 15-minute introduction  45 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 | PowerPoint  IT Facilities |
|  | NEA SESSION 13  SECTION C  Evaluating the assessment | | 15-minute introduction  45 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 | PowerPoint  IT Facilities |
|  | NEA SESSION 14  SECTION C  Evaluating the assessment | | 15-minute introduction  45 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 | PowerPoint  IT Facilities |
|  | NEA SESSION 15  SECTION C  Evaluating the assessment | | 15-minute introduction  45 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 | PowerPoint  IT Facilities |
|  | NEA SESSION 16  SECTION C  Evaluating the assessment | | 15-minute introduction  45 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 | PowerPoint  IT Facilities |
|  | Written Exam Revision  Protein | | Source, function and structure of protein | Completion of exam questions  Peer/Self marking using mark scheme | Read handout on fats and carbohydrates – highlight key points, make flash cards  Seneca – Fats Assignment | Amino Acids  Low Biological Value  High Biological Value  Alternative Protein | Focus on diet and good health | Brain dump on protein to assess current knowledge  Low stakes quiz/Flashcards | PowerPoint  Practice exam questions Pg. 4-5 CGP Practice exam q workbook |
|  | Written Exam Revision  Fats | | Source, function and structure of fat | Completion of exam questions  Peer/self-marking using mark scheme | Seneca- Carbohydrates Assignment | Saturated  Unsaturated  Essential Fatty Acids  Monosaturated  Polyunsaturated | Focus on diet and good health | Brain dump on fats to assess current knowledge  Low stakes quiz on fats and protein | PowerPoint  Practice exam questions Pg. 6-7 CGP Practice exam q workbook |
|  | Written Exam Revision  Carbohydrates | | Source, function and structure of carbohydrates | Completion of exam questions  Peer/self-marking using mark scheme | Read handout on vitamins, highlighting key points and making flashcards  Seneca – macronutrients assignment | Glucose  Fructose  Lactose  Monosaccharide  Disaccharide  Polysaccharide  Trisaccharide  Empty Calories  Simple  Starch  Glycaemic Index | Focus on diet and good health | Brain dump on carbohydrates to assess current knowledge  Low stakes quiz on fats, protein and carbohydrates | PowerPoint  Practice 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 questions  Peer/self-marking using mark scheme  Making flashcards | Seneca – macronutrients assignment | Soluble  Deficiency  Excess | Focus on diet and good health | Low stakes quiz on all previous revision topics  Flashcards on fat soluble vitamins | PowerPoint  Practice exam questions Pg. 10 CGP Practice exam q workbook |
|  | Written Exam Revision  Water Soluble Vitamins | | Source and function of water-soluble vitamins | Completion of exam questions  Peer/self-marking using mark scheme  Making flashcards | Read handout on minerals and fibre and water, highlighting key points and making flashcards  Seneca – macronutrients assignment | Soluble  Deficiency  Excess | 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 Revision  Minerals | | Source and function of minerals | Completion of exam questions  Peer/self-marking using mark scheme  Making flashcards | Seneca – macronutrients assignment | Deficiency  Excess | 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 Revision  Fibre and water | | Source and function of water | Completion of exam style questions  Peer/ 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 Polysaccharide  Hydration | Focus on diet and good health | Braindump on micro and macronutrients  Low stakes quiz on all previous revision topics | PowerPoint  Practice exam questions Pg.13 CGP Practice exam q workbook |
|  | Written Exam Revision  Diet and good health | | The Eatwell Guide  8 Guidelines for a healthy lifestyle | Completion of exam style questions  Peer/ Self marking using exam mark scheme | Seneca Revision Assignments (TBC) | Starchy carbohydrates  Hydration  Protein  Saturated Fat | Focus on diet and good health | Braindump of Diet and good health  Flashcards on guidelines and Eatwell plate sections to enable memory retention | PowerPoint  Practice exam questions Pg. 14 CGP Practice exam q workbook |
|  | Written Exam Revision  Nutritional needs of different age groups | | Nutritional needs of babies, toddlers, teens, adults and elderly | Completion of exam style questions  Peer/ 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 questions  Peer/ 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 Disease  Dental Caries  Type 2 Diabetes  Obesity  Osteoporosis | Completion of exam style questions  Peer/ Self marking using exam mark scheme | Seneca – Diet related health problems assignment | Cardiovascular Disease  Dental Caries  Type 2 Diabetes  Obesity  Osteoporosis | Focus on diet and good health | Flashcard activity  Low stakes quiz on all previous revision topics | PowerPoint  Practice exam questions Pg. 16/17 CGP Practice exam q workbook |
|  | Energy Needs | | BMR PAL  Macronutrient | Completion of exam style questions  Peer/ Self marking using exam mark scheme | Seneca – Energy Needs Assignment | BMR PAL  Macronutrient | Focus on diet and good health | Low stakes quiz on all previous revision topics  Flashcard 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 questions  Peer/ 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 labels  Low 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 questions  Peer/ Self marking using exam mark scheme | Reading on heat transfer, making flashcards | Allergies  Intolerances  Portion 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 food  Conduction, convection and radiation | Completion of exam style questions  Peer/ Self marking using exam mark scheme | Seneca- Heat transfer assignment | Conduction  Convection  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 questions  Peer/ Self marking using exam mark scheme | Reading on changing properties protein, carbohydrate and protein – KO  Seneca – changing properties assignment | Simmering  Blanching |  | Low stakes quiz on all previous revision topics  Flashcards 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 questions  Peer/ Self marking using exam mark scheme | Seneca – changing properties assignment  Learn KO keywords for next lesson | Coagulation  Denaturation  Gluten |  | Braindump on protein  Flashcards 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 questions  Peer/ Self marking using exam mark scheme | Seneca – changing properties assignment | Caramelisation, maillard dextrinisation, reaction, gelatinisation, |  | Braindump on carbohydrates  Flashcards 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 questions  Peer/ Self marking using exam mark scheme | Seneca – changing properties assignment  Learn 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 questions  Peer/ Self marking using exam mark scheme | Seneca – changing properties assignment  Learn 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 questions  Peer/ 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 questions  Peer/ Self marking using exam mark scheme | Seneca food spoilage assignment  Learn 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 questions  Peer/ 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 questions  Peer/ 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 questions  Peer/ 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 questions  Peer/ 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 questions  Peer/ 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 questions  Peer/ 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 questions  Peer/ 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 questions  Peer/ 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 questions  Peer/ 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 questions  Peer/ 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 questions  Peer/ 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 questions  Peer/ 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 questions  Peer/ 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 questions  Peer/ 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 questions  Peer/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 questions  Peer/Self marking  Flashcards | 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  Peer/Self marking  Flashcards | 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 questions  Peer/Self marking  Flashcards ns  Peer/Self marking  Flashcards | 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  Peer/Self marking  Flashcards | 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  Peer/Self marking  Flashcards | General Seneca Revision Assignments  Flashcards |  |  | Low stakes quizzes, use of flashcards and braindump | Practice exam questions CGP Practice exam q workbook |