

Subject: Food Preparation and Nutrition

Year group: 11

Week beginning	Subject Topic	Key Learning points/big questions	Independent/Home learning	Key Vocab	Linked Assessment	Resources
1 13/9	Pasta Function of ingredients Uses Nutrition	- Nutritional profile of pasta -Function of ingredients in pasta - Coeliac disease what is it and why can it make you ill. What are the alternatives? - Make fresh pasta	Use KO to download the recipe sheets needed for practical lessons. Mini assessments will be given via TEAMS bases on each weekly topic.	Nutritional profile- Analysing the macro and micro nutrients in a dish by looking at the nutritional tables Pasta – Carbohydrate food made from wheat and egg Coeliac disease – an illness preventing a person from eating gluten in wheat as it damages the digestive tract.	LST mini assessments Practice questions AO1,2 &4	Technology - Home (sharepoint.com)
2 20/9	Ready meals v homemade Nutrition Food marketing	- Analysis of ready meals. Why have ready meals increased in our society? - Nutritional profile What are the main differences between a ready-made lasagne and home-made lasagne? - Make a lasagne in pairs to prepare pasta/ roux sauce and ragu .	Use KO to download the recipe sheets needed for practical lessons. Mini assessments will be given via TEAMS bases on each weekly topic.	Analysis – look in detail to explain facts. ready meals – ready made and ready to cook foods that are typically quick to prepare. roux sauce – sauce thickened using flour/ starch to gelatinise		Technology - Home (sharepoint.com)
3 27/9	Food Science Coagulation, Denaturation	- Coagulation in proteins. Why does it happen and what are it's uses in cooking?	Use KO to download the recipe sheets needed for practical lessons.	Coagulation- proteins in animal products change shape to		Technology - Home

	and Millard reaction of protein	<p>-Denaturisation in proteins. Why does it happen and what are it's uses in cooking?</p> <p>-Millard reaction in proteins. Why does it happen and what are it's uses in cooking?</p> <p>-'Indian Takeaway' seekh kebabs (denaturisation/ coagulation and millard reaction)</p>	Mini assessments will be given via TEAMS bases on each weekly topic.	thicken when heated e.g. egg becomes solid and white when cooked. Denaturisation – proteins change shape when cooked ore marinated with acids. Millard reaction – browning of foods when proteins ae cooked they brown.		(sharepoint.com)
4 27/9	Pathogenic bacteria and dangers of BBQ meats.	<p>-Pathogenic bacteria. What is the most common kind of pathogenic bacteria? Where are they found? What do the symptoms of food poisoning look like? How can we prevent food contamination?</p> <p>-Temperature zones for foods. Why is BBQ food a prime source of food borne illness?</p> <p>-Make Spicy chicken and pineapple kebabs (denaturisation/ coagulation and millard reaction)</p>	Use KO to download the recipe sheets needed for practical lessons. Mini assessments will be given via TEAMS bases on each weekly topic.	Pathogenic bacteria- Bacteria that cause food bore illness. Temperature zones – Range of temperatures that aid or prevent bacterial growth.		Technology - Home (sharepoint.com)
5 4/10	Food provenance- traceability of meat	<p>Food standards and traceability in the UK</p> <p>-Where meat is sauced in the UK.</p> <p>-What standards have to be met to sell meat in the UK?</p> <p>-What problems occur when meat cannot be traced?</p> <p>Pathogenic bacteria</p> <p>-What dangers are present in meat that cannot be traced?</p>	Use KO to download the recipe sheets needed for practical lessons. Mini assessments will be given via TEAMS bases on each weekly topic.	Food standards and traceability in the UK -The ability to trace all foods grown and reared in the UK to prevent contamination and mislead the consumer.		Technology - Home (sharepoint.com)
6 11/10	Cake Function of ingredients Uses Nutrition	<p>-Function of ingredients in sponge cake.</p> <p>- Properties of self-rising flour.</p> <p>- Common problems with Victoria sponge and how to spot them.</p> <p>- Make Mini Victoria sponge cakes. Looking for consistency of rise, shape, colour and presentation.</p>	Use KO to download the recipe sheets needed for practical lessons. Mini assessments will be given via TEAMS bases on each weekly topic.	Function of ingredients – The way ingredients work together to make a recipe or product		Technology - Home (sharepoint.com) Technology - Home

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7 18/10	Eggs Emulsification Aeration of eggs and nutritional value of eggs	<p>-Nutritional value of eggs. Macronutrients= Which macro nutrients we gain from eggs and how do they affect our diet? Micronutrients= Which vitamins and minerals can we gain from eggs and how can it affect our diet?</p> <p>-Anatomy of an egg. What are the main parts of an egg?</p> <p>-How protein in egg can be aerated. What properties does egg protein have and how can we use it in cooking?</p> <p>-How protein in an egg can be emulsified. What is emulsification and why is egg suited to this form of food preparation?</p> <p>-Make aioli -Make meringue</p>	<p>Use KO to download the recipe sheets needed for practical lessons. Mini assessments will be given via TEAMS bases on each weekly topic.</p>	<p>Emulsified/ emulsification – an even mixture of fats and water/ liquids that do not split e.g mayonnaise. Aerated/ aeration – adding air to egg proteins through whipping.</p>		Technology - Home (sharepoint.com)
8 1/11	Family nutrition Factors affecting good nutrition in society	<p>-Nutrition for age groups. Include under 5's/ young children/ teenagers/ adults/ older adults. -Food preference of different age groups. Time factors/ influence of cultural foods/ activity levels. -Special diets and justification for following a special diet. Moral and ethical reason/ medical/ religious reasons for a special diet. -Lifestyle choices and influence on family meals. Activity levels and occupation.</p>	<p>Use KO to download the recipe sheets needed for practical lessons. Mini assessments will be given via TEAMS bases on each weekly topic.</p>	<p>Nutrition for age groups – What range of nutrition different age groups need. Food preference of different age groups – Foods that appeal to different age groups. Costing the recipe- Showing the cost to make a portion or a recipe for a number of portions</p>	2019 EDUQAS paper for Mock exam	Technology - Home (sharepoint.com)

		<p>-Economic factors that influence family meals. Income and occupation influences on meals as a family.</p> <p>Design and make a dish based on a tomato/ ragu sauce to suit a family.</p> <p>-Cost the recipe</p> <p>-Create a basic time plan to make the recipe</p>		<p>Time plan – A plan that divides the recipe into short tasks and enables the chef to produce the recipe to a high standard and on time.</p>	
9 8/11	Revision on topics covered and AO1,2 & 4 questions	<p>Introduction to GCSE Exam paper. Explanation and practice AO1 questions based on topics covered Explanation and practice AO2 questions based on topics covered Explanation and practice AO4 questions based on topics covered</p>	<p>Use KO to download the recipe sheets needed for practical lessons. Mini assessments will be given via TEAMS bases on each weekly topic.</p>		Technology - Home (sharepoint.com)
10 15/11	Revision on topics covered and AO1,2 & 4 questions MOCK begin 17 th -30 th	<p>Continued revision for GCSE Exam paper. Explanation and practice AO1 questions based on topics covered Explanation and practice AO2 questions based on topics covered Explanation and practice AO4 questions based on topics covered</p>	<p>Use KO to download the recipe sheets needed for practical lessons. Mini assessments will be given via TEAMS bases on each weekly topic.</p>		Technology - Home (sharepoint.com)
11 22/11	Revision on topics covered and AO1,2 & 4 questions MOCK begin 17 th -30 th	<p>Continued revision for GCSE Exam paper. Explanation and practice AO1 questions based on topics covered Explanation and practice AO2 questions based on topics covered Explanation and practice AO4 questions based on topics covered</p>	<p>Use KO to download the recipe sheets needed for practical lessons.</p>		Technology - Home (sharepoint.com)
12 29/11	DIRT following Mock exam. Enriched bread dough	<p>-DIRT on exam outcomes. Demonstrate exemplar answers. -Enriched bread dough Demonstrate and make enriched dough to create tare and share Christmas tree bread.</p>	<p>Use KO to download the recipe sheets needed for practical lessons.</p>	<p>Enriched bread dough- pastry or bread dough enriched with egg/ fat or sugar to change the flavour/ texture/ colour.</p>	Technology - Home (sharepoint.com)

<p>13 6/12</p>	<p>DIRT following Mock exam. Melting Method -Ginger bread</p>	<p>-DIRT on exam outcomes. Demonstrate exemplar answers. - Melting Method Demonstrate Melting method to make ginger bread shapes for Christmas.</p>	<p>Use KO to download the recipe sheets needed for practical lessons.</p>	<p>Melting Method – used to create dough and batters for cakes and biscuits.</p>		<p>Technology - Home (sharepoint.com)</p>
<p>14 13/12</p>	<p>DIRT following Mock exam. Preparation for NEA2</p>	<p>-DIRT on exam outcomes. Demonstrate exemplar answers. - Preparation for NEA2. Out line the structure and mark allocation for NEA2. Give time line and deadlines for coursework. Give dates for practical exams. Show exemplar materials.</p>	<p>Use KO to download the recipe sheets needed for practical lessons.</p>	<p>NEA2 – 50% course work and practical exam assessment completed in school from Jan-March 2022</p>		<p>Technology - Home (sharepoint.com)</p>