

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, Denaturisation	- 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.</p> <p>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.</p> <p>-Food preference of different age groups. Time factors/ influence of cultural foods/ activity levels.</p> <p>-Special diets and justification for following a special diet. Moral and ethical reason/ medical/ religious reasons for a special diet.</p> <p>-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.</p> <p>Food preference of different age groups – Foods that appeal to different age groups.</p> <p>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</p> <p>Explanation and practice AO2 questions based on topics covered</p> <p>Explanation and practice AO4 questions based on topics covered</p>	<p>Use KO to download the recipe sheets needed for practical lessons.</p> <p>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</p> <p>Explanation and practice AO2 questions based on topics covered</p> <p>Explanation and practice AO4 questions based on topics covered</p>	<p>Use KO to download the recipe sheets needed for practical lessons.</p> <p>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</p> <p>Explanation and practice AO2 questions based on topics covered</p> <p>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.</p> <p>-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>