

	Focus	Summary	Lesson objectives	Parental Support	Independent Learning	
1A	1)	Introduction to the Food & Nutrition Course. Introduction to Terms used in Nutrition and nutrition- related problems.	To gain knowledge and understanding of the expectations of the course. To produce a Glossery of Terms used in Nutrition and Nutrition – Related problems. Produce a booklet using these terms.	To know the expectations of the Food & Nutrition course. To know the Terms in Nutrition and Nutrition –Related problems		Familiarise yourself with the Food & Nutrition syllabus Complete glossery booklet for home work.
	2)	Nutritive Value of Foods: The sources and functions of proteins (High Biological and Low Biological value) Practical planning: Task: Plan, prepare and make a dish to illustrate how protein can be used in cooking.	To gain indepth knowledge and understanding of Proteins To choose a recipe which includes Protein as a main ingredient to prepare and make in next weeks lesson.	To Know the functions of Proteins. The chemical elements which make up proteins To know the difference between High and low biological value proteins and ther sources. To know what is an amino acid.		To be prepared with ingredients for next weeks lesson.
	3)	Practical session- Protein Prepare and make chosen dish to illustrate the uses of Protein in the diet. Evaluate outcome. Introduction to Carbohydrates	Prepare and make chosen dish by following a recipe accurately. Evaluate outcome. Introduction to Carbohydrates – Its importance in the diet, functions, chemical elements which make up carbohydrates and effects of heat on carbohydrates.	To prepare and make your chosen dish to illustrate the use of Protein in the diet. Evaluate outcome To Know the functions of carbohydrates in the diet. The Chemical Elements which make up carbohydrates. And sources.		Complete carbohydrate topic for homework.
	4)	Practical planning Carbohydrates Introduction to Fats	Choose a recipe to make in next weeks lesson to illustrate the use of carbohydrates in the diet. To gain knowledge and understanding of how some fats are important in the diet Good Fats verses bad fats. Elements which makes up fats, Its requirements and effects on heat.	Task: Plan, prepare a make a dish to illustrate the use of Carbohydrates in the diet. Fats – To know the functions of Fats The chemistry elements which make up Fats, Sources,		To become familiar with ingredients needed for your practical session next week. Complete work for homework.

				Requirements, Types of Fats.		
5)	Practical session: Carbohydrates Introduction to: Vitamins A, D, E and K	Prepare and make chosen dish by following a recipe accurately. Evaluate outcome. To gain knowledge and understanding of the importance of vitamins in the diet and its functions, sources and related deficiency diseases.	Prepare and make a dish to illustrate the use of carbohydrates in the diet. Vitamins: To know why the body needs small amounts of vitamins. Focus on vitamins, A,D, E and K Deficiency diseases caused by a lack of these vitamins.			
6	Practical planning – Task: Plan, prepare and make a dish to illustrate the uses of vitamins. A,D,E, or K Introduction to Water soluble vitamins Vitamin B-Complex, Folate and Ascorbic acid (Vitamin C)	Task: Plan a suitable dish to illustrate the use of foods containing related to the topic on Vitamins. Record ingredients needed from home for next weeks session. To gain Knowledge and understanding of the B vitamins and vitamin C.	Research a recipe which contains Vitamins A,K,D or E or any two vitamins. Chosen dish will be made in next weeks lesson. To Know the vitamins in the B group Functions and sources and requirements of the B vitamins Deficiency diseases related to a lack of Vitamins B2, and C.			Become familiar with ingredients for next weeks practical session.
7	Practical Planning	Record recipe to make in next weeks lesson.	Research a dish with displays any of the following			

		Task: Plan, prepare and make a dish to illustrate the use of one of the B-Complex vitamins or vitamin C in the diet.	Make a list of ingredients needed from home.	ingredients: Cereal/ cereal products Yeast Eggs Milk Meat (especially pork, ham, bacon, liver, Kidney or heart)		

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1B	1	Practical session: B- Complex vitamins and vitamin C Evaluate outcome. Introduction to Mineral Elements	To prepare and make chosen dish by following a recipe accurately. Evaluate outcome. Mineral Elements To gain knowledge and understanding of Mineral Elements : Their functions, sources and deficiency diseases which are linked to each Mineral.	To prepare and make chosen dish to illustrate the use of vitamins B and C. Evaluate outcome Mineral Elements: To know the functions and main sources of the following mineral elements: Calcium, phosphorus, iron, Sodium Chloride, Fluoride and Iodine.		Complete work for homework
	2	Practical Planning – Mineral Elements: Choose a recipe To include any source of food which contains either Calcium or Iron.	Task: Plan, Prepare and make a dish to illustrate the use of Calcium or Iron as a important Mineral in our diet.	To research a recipe which is high in the minerals Calcium or Iron to prepare and make in next weeks lesson.		
	3	Practical session: Make a dish to illustrate the use of the minerals Calcium or Iron in our diet	Prepare and make chosen dish by following a recipe accurately Evaluate outcome	Make chosen dish to illustrate the use of Calcium or Iron in the diet.		

		<p>Introduction to the topic Water and Dietary Fibre (Non - Starch Polysaccharides)</p>	<p>Water and dietary Fibre</p> <p>To gain knowledge and understanding of the importance of having a daily intake of sufficient water and dietary fibre.</p>	<p>Water and Dietary Fibre:</p> <p>To know why water is vital to life</p> <p>Foods which has a high water content.</p> <p>How water is lost from the body and when is extra water required.</p> <p>NSP- Why is it important in the body.</p> <p>Sources of NSP</p> <p>Dietary related diseases which can arise due to a lack of dietary fibre and water intake.</p>		
4	<p>Practical planning :</p> <p>Task: Plan, prepare and make a dish to illustrate the use of Fibre in our diet.</p> <p>Sources and uses of Food Energy</p>	<p>Record chosen recipe and a list of ingredients needed from home for the dish.</p> <p>Sources and uses of Food Energy</p> <p>To gain knowledge and understanding of the use of energy in the body</p> <p>Sources,</p> <p>Measurement of energy</p> <p>Unwise food Choices.</p> <p>The effects on the human body if the energy intake in foods exceeds the amount of energy expended by an individual.</p>	<p>Research a recipe with a high Fibre content to make in next weeks lesson.</p> <p>Sources and uses of Food Energy:</p> <p>To know why the body requires energy</p> <p>Forms of Energy</p> <p>Why do People have different requirements for energy?</p> <p>Why its unwise to exceed daily energy requirement.</p> <p>Sugar substitutes.</p> <p>Basal Metabolism.</p>		Complete home work.	

5	Practical session: Plan, prepare and make a high Fibre dish	Make chosen dish by following a recipe accurately. Evaluate outcome.	Prepare and make chosen dish to illustrate the use of fibre in the diet.		Revise for topic on Vitamins & Minerals.
6	Assessment - Vitamins & Minerals Digestion & Absorption	To gain knowledge and understanding of each stage in the digestive system. Enzymes as catalysts in digestion. The role of bile in emulsifying fats Absorption of nutrients , including structure of the ileum.	To Know each stage of the digestive system: Mouth Stomach Duodenum ileum		
7	Introduction to Meal Planning and Dietary Guidelines.	To gain knowledge and understanding of: Meal planning and dietary guidelines for people of different ages, occupations , cultures and reliigions. Special needs of groups of people with allergies and intollerances and special dietary needs.	To Know which factors affects food requirements. Planning and serving of family meals. Meals for different ages, occupations, cultutre and religions. Special needs of: Pregnant and lactating women People with food allergies and intollerances People with medical conditions linked to diet, such as Diabetes Convalescents Vegetarians, including vegans and lacto-vegetarians.		Complete homework.

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2A	1	<p>Meals for special occasions, festivals packed meals, snacks and beverages.</p> <p>Practical Planning : Manual workers- packed meals.</p>	<p>To research the following: Special occasions, including packed meals and beverages.</p> <p>Practical planning: Record chosen recipe and make a list of ingredients needed for next weeks practical session.</p>	<p>To Know what foods are used for the following : Special occasions, festivals, packed meals , snacks and beverages.</p> <p>Practical planning : To choose a recipe suitable for a packed meal for a manual worker</p>		
	2	<p>Practical session: Task: prepare and make a dish suitable for a manual worker as a packed meal.</p> <p>Presentation of Food</p>	<p>Prepare and make chosen dish suitable for a manual workers packed lunch by following a recipe accurately. Evaluate outcome.</p> <p>To gain knowledge and understanding of how the appetite is affected by the appearance of food Preparations for serving of a meal. Examples of garnishes for sweet and savoury foods. The importance of varying textures and flavours of a meal</p>	<p>Prepare and make chosen dish suitable for a manual worker.</p> <p>To know how the appearance of food affects the appetite. The use of garnishes. How to vary the textures and flavours of food.</p>		Complete homework.
	3	<p>Introduction to composition of main foods in the diet Sources of Protein – MILK</p>	<p>To gain knowledge and understanding of the processes involved in the heat treatment of milk. The nutrients in Milk.</p>	<p>To know the principles behind the heat treatments given to milk. What is Lactose?</p>		Complete homework.

		Practical planning	<p>Preservation of milk. What factors affects the retinol content of milk throughout the year. Task: plan, prepare and make a dish to illustrate the use of milk in the diet. Research a recipe which includes milk to make in next weeks lesson.</p>	<p>Proteins and minerals found in milk. Hygiene rules which milk producers have to abide by.</p> <p>Choose a recipe which includes milk as an ingredient to make in next weeks lesson.</p>		
4		Practical session: Prepare and make a dish to illustrate the use of Milk as a food commodity Evaluate outcome.	<p>Prepare and make a dish using milk by following a recipe accurately. Evaluate outcome.</p>	<p>Prepare and make chosen dish to illustrate the use of milk as a food commodity.</p>		
5		Cream & Cheese as a food commodity	<p>Cream: To gain knowledge and understanding of the process of cream. Types of cream and their fat content. Uses of cream in in food preparation.</p> <p>Cheese:</p>	<p>To know why the nutrient content of cream is different to that of milk. The fat content in cream. How cream is produced commercially.</p> <p>To Know the various types of English cheeses The food value of cheese. How cheddar cheese is produced. Including the ripening stage of cheese. Vegetarian cheese and how it is different.</p>		Complete homework.

	6	Eggs	<p>To gain knowledge and understanding of the composition of eggs. How to check for defects. The value of eggs. How heat affects eggs. Carry out experiment on how to test an egg for freshness . Crack an egg into a plate and check for the following parts: Inner membrane Chalaze Cuticle Thin white Nucleus of yolk Yolk Yolk membrane Thick white and Airspace. Uses of eggs in food preparation.</p>	<p>To know the functions of the parts of an egg. Reasons for an egg shell to have pores in it. The value of eggs What changes takes place in an egg as it gets older. Defects of an egg. Eggs in food preparation.</p>		
	7	<p>Practical session: Baked egg custard.</p> <p>Evaluate outcome</p>	<p>Prepare and a make a Baked Egg Custard by following a recipe accurately.</p> <p>Evaluate outcome.</p>	<p>Prepare and make a Baked Egg Custard to illustrate the use of eggs in cooking.</p>		

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2B	1	Fish	<p>To gain knowledge and understanding of the importance of fish in the diet.</p> <p>Classification of fish</p>	<p>To know how to classify fish. How to store fish. The importance of fish in the diet. The structure of fish.</p>		Complete homework

		Practical planning	The structure and composition of fish. Prepare and cook a dish to illustrate the use of fish in cooking.	Practical Planning Research and choose a Fish recipe which can be make in next week's lesson		
2		Practical session: Prepare and make chosen dish to illustrate fish as acommodity in cooking	Prepare and make chosen fish dish by following a recipe accurately. Evaluate outcome.	Prepare and make chosen dish. Evaluate outcome		
3		Meat	To gain knowledge and understanding of meat. It's structure and composition. Focussing mainly on : Muscle Fibres, connective tissue, tendons, collagen, gelatin and Elastin. Colour changes in meat which takes place through oxymyoglobin and metmyoglobin. To understand what is offal and the organs classed as offal. Meat products.	To know the Structure and composition of meat. Nutritive value. The effects of heat and changes during cooking. The importance of meat in the diet. Offal and meat products.		Complete homework.
4		Practical planning – Meat Introduction to Alternative Protein Foods	Research a recipe using meat as the main ingredient to illustrate the uses of meat in the diet. Make a list of ingredients for next weeks practical session.	Task: Plan, prepare and make a dish to illustrate the use of Meat To know why some individuals prefer to use		

			To gain knowledge and understanding of Alternative Protein foods and their uses in the diets of vegetarians and vegans. How Alternative Protein can be produced from micro-organisms and plants.	alternative sources of protein to meat and fish. Why Soya is a popular source of alternative protein. What is TVP and Quorn.		
5	Practical session- Meat		Prepare and make chosen meat dish by following a recipe accurately. Evaluate outcome.	Prepare and make chosen dish to illustrate the use of meat in the diet.		
6	Introduction to Cereals as a food commodity		To gain knowledge and understanding on the nutrients in cereals and why wholemeal cereals are nutritionally preferable to that of refined ones. To gain knowledge and understanding of the disease Beri-beri which is a common disorder in poor Countries where white rice is the stable food.	To know the types of cereal and their importance in the diet. Focussing on; Wheat, Rice Maize Oats Barley and Rye.		
7	Practical planning : Cereals		Research and choose a recipe using a cereal of your choice to make in next week's lesson. Make a list of ingredients which is needed from home.	Task: Plan, prepare and make a dish of your choice using any Cereal.		Watch You - tube video 'The journey of breakfast cereals from Factory to Store'

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3A	1	Practical session –Cereals Evaluate outcome.	Prepare and make chosen cereal dish by following a recipe accurately. Evaluate outcome.	Prepare and make chosen dish to illustrate the use of cereals in the diet.		
	2	Vegetables.	To gain knowledge and understanding of the classification of vegetables. The importance in the diet. Storage of vegetables. Side effects of chemicals used in the production of vegetables.	To know how vegetables are classified. The side effects of : Pesticides, Herbicides, (weed killers) Insecticides, Fungicides, and Growth regulators.		Carry out experiment to show why it is bad practice to add bicarbonate of soda to green vegetables.
	3	Fruits	To gain knowledge and understanding on the classification of fruit. The importance in the diet and how to conserve vitamin C. How carbohydrates change as the fruit ripens. Carry out experiment on what causes browning in some fruit once it is cut.	To know how fruits are classified. The importance of fruit in the diet. How to conserve vitamin C in fruit. What happens to the carbohydrates in fruit as the fruit ripens.		Carry out experiment on what causes browning in some fruit and how to avoid this happening.
	4	Practical planning - Fruit	Research a recipe which has fruit as the main ingredient to make in next weeks lesson. Record ingredients need from home.	Task: Plan, prepare and make a dish to illustrate the use of fruit in the diet.		Produce a leaflet to encourage people to eat more fruit in their diet.
	5	Practical session- Fruit Evaluate outcome.	Prepare and make chosen dish by following a recipe accurately. Evaluate outcome.	Prepare and make chosen dish which contains fruit as the main ingredient.		

	6	<p>Pulses and Nuts</p> <p>Practical session: Lentil and vegetable soup.</p>	<p>To gain knowledge and understanding of the definition of pulses & nuts and their importance in the diet.</p> <p>To gain knowledge and understanding on how peanuts can cause a serious allergy called anaphalectic shock in some people.</p> <p>How to prepare dried pulses for food preparation. Prepare and make a pot of lentil and vegetable soup.</p>	<p>To know the definition of Pulses & Nuts. The importance in the diet. Nutritional value. Anaphalectic shock.</p>		
	7	Fats & Oils	<p>To gain knowledge and understanding of types of fats.</p> <p>Their uses, Effects of heat on fat, Rancidity, Low energy spreads. Diet related diseases. Research and answer questions related to Fats & Oils.</p>	<p>To know the main sources of fats. Racidity of fats. Uses. Marine oils. Plant oils & Fats Animal fats. Diet related diseases from consuming too much fat in the diet .</p>		Complete homework.

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3B	1	Principles behind the cooking of food	To gain knowledge and understanding of the priciples behind the cooking of food through Convection, conduction and radiation.	To know how heat is transferred to food through Conduction, Convection and Radiation. Measurement of heat – Celcius and Fahrenheit.		Watch you-tube video The food Teacher Heat transfer methods (GCSE FOOD)

			Why fan assisted ovens are different from conventional ovens. Measurement of heat	Conductors of heat.		
2	Methods of cooking Moist methods	To gain knowledge and understanding of how moist methods of cooking affects the nutrients in food. How water soluble vitamins are most significantly affected by: Leaching Oxidation, Oxidases, Prolonged cooking and keeping food hot, and Preparation for cooking.	To know how moist methods of cooking affects the nutrients of food. Boiling, Steaming, poaching, par-boiling, pressure cooking, slow cooking, stewing, braising slow cooker and pressure cooker. Advantages and disadvantages of each method.			Complete homework
3	Introduction to : Dry methods of cooking Baking, Roasting, Grilling Practical planning :	To gain knowledge and understanding of Baking, roasting and grilling. Research each method and answer questions from the text book 'Food & Nutrition' by Anita Tull. Research a recipe using one of the dry methods of cooking ; Baking, grilling or roasting. Record ingredients which is needed from home for next weeks lesson.	To know the difference between baking & grilling. Points to remember when baking. Methods of roasting meat. Suitable joints for roasting. Grilling Advantages and disadvantages of Roasting and grilling. Suitable foods for each method. Task: Plan, prepare and make a dish to show the uses of one of the following dry methods of cooking. Baking, roasting or grilling.			Complete homework. Collect ingredients for next weeks practical session.

4	<p>Practical session: Roasting, baking or grilling.</p> <p>Glossery of words which is linked to the topic</p>	<p>Prepare and make chosen dish by following a recipe accurately. Evaluate outcome. Research a glossery of words in connection with the topic 'Dry methods of cooking' and produce a booklet. Words would have to include the following: Caramelisation Coagulation Dextrinisation Enzyme and non-enzymic browning (Maillard browning) Gelatinisation Rancidity Smoking point.</p>	<p>Prepare and make chosen dish. Evaluate outcome.</p> <p>To understand the effects of dry and moist heat on proteins, fats and oils, sugars and starches, and vitamins. Produce a glossery of words and their meanings into a booklet.</p>			
5	<p>Frying: Deep-fat frying, shallow frying, dry frying and Stir frying.</p> <p>Practical Planning</p>	<p>To gain knowledge and understanding of frying through research, discussions and questioning. Diet related illnesses , caused by the consumption of too much fatty foods in the diet.</p> <p>Research a recipe to make in next weeks lesson to</p>	<p>To Know the various types of frying. How to prepare foods for frying. Safety precautions when frying. What causes fat that is used for frying to deteriorate. Why is stir frying a healthy method of cooking.</p> <p>Task: Plan, prepare and make a dish to illustrate the use of deep fat frying</p>			To compile a booklet with various recipes suitable for the four types of frying.

			illustrate the use of Deep – fat frying . Record ingredients needed form home.			
6	Practical session: Deep – fat frying		Prepare and make chosen dish by following a recipe accurately. Evaluate outcome.	Prepare and make chosen dish to illustrate the use of deep-fat frying. Evaluate outcome.		
7	Stirfrying – Practical planning Practical session		Research a stirfry recipe to make this week. Prepare and make chosen dish by following a recipe accurately. Evaluate outcome.	Task: Plan, prepare and make a stirfry dish using either , Chicken , Pork , Beef or Tuna. Prepare and make chosen stirfry dish. Evaluate outcome.		