

Food Preparation & Nutrition

Date	Exams/ Assess	Unit(s)
4/9/23		<ul style="list-style-type: none"> • Nutrition: the nutrients, functions and sources
11/9/23		<ul style="list-style-type: none"> • The food groups & classification
18/9/23		<ul style="list-style-type: none"> • Balanced diets
25/9/23		<p>Food Commodity 1: Fruit & vegetables</p>
2/10/23		<ul style="list-style-type: none"> • Origins, production and processing
9/10/23		<ul style="list-style-type: none"> • Classification
16/10/23		<ul style="list-style-type: none"> • Advanced chopping skills • Nutritional values and role in diet • Minimising nutrient loss in fruit & veg when storing, preparing and cooking vegetables • Topical food issues relating to fruit & veg: organic; seasonality; genetically modified crops • Practical work to possibly include: <ul style="list-style-type: none"> ○ Vegetable Rubik's cube ○ Fresh fruit flan – focussing on presentation & food styling ○ Fajitas/stir fry/enchiladas ○ Apple pie ○ Carrot cupcakes. • Food Science investigation - Enzymic browning of fruit • <u>Written assessment for unit 1</u> <p><u>Brief, plan and practical assessment for unit 1</u></p>
30/10/23		<p>Food Commodity 2: Starchy Carbohydrates Foods</p>
6/11/23		<ul style="list-style-type: none"> • Cereal crops & staple foods
13/11/23		<ul style="list-style-type: none"> • Origins, production and processing
20/11/23		<ul style="list-style-type: none"> • Nutritional values and role in diet
27/11/23		<ul style="list-style-type: none"> • Energy, energy balance, starch v sugar, glycaemic index
4/12/23		<ul style="list-style-type: none"> • Effect of heat on starch
11/12/23		<ul style="list-style-type: none"> • Functions and ratios of ingredients in baked products • Methods of cake making • Pastry: functions of ingredients in each; uses of each type in baking • Raising agents • Practical work to possibly include: <ul style="list-style-type: none"> ○ Risotto ○ Macaroni cheese or tuna pasta bake (roux sauce) ○ Different wheat based breads ○ Victoria sandwich cake ○ Chocolate swiss roll yule log ○ Short crust pastry mince pies <p>Choux pastry profiteroles</p>
1/1/24		<ul style="list-style-type: none"> • Food Science investigation - suitability of different flours for bread making
8/1/24		<ul style="list-style-type: none"> • <u>Written assessment for unit 2</u>
15/1/24		<ul style="list-style-type: none"> • <u>Brief, plan and practical assessment for unit 2</u>
22/1/24		<p>Food Commodity 3: Dairy Foods</p>
29/1/24		<ul style="list-style-type: none"> • Origins, production and processing
5/2/24		<ul style="list-style-type: none"> • Sensory analysis / profiles
12/2/24		<ul style="list-style-type: none"> • Nutritional values and role in diet • Meal planning for particular groups & nutritional needs

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		<ul style="list-style-type: none"> • Technological developments in food processing • Practical work to possibly include: <ul style="list-style-type: none"> ○ Panna cotta & fruit coulis (setting by gelation) ○ frozen fruity yoghurt • <u>Written assessment for unit 3</u> <p><u>Brief, plan and practical assessment for unit 3</u></p>
26/2/24		<p>Food Commodity 4: Protein rich foods (meat, fish, eggs)</p> <ul style="list-style-type: none"> • Origins, production and processing • The science of protein • Nutritional values and role in diet • Food safety, bacteria, cross-contamination • Food labelling • Quality assurance & traceability • Methods of cooking & heat transference • Effect of heat on protein • Uses of eggs in cooking • Practical work to possibly include: <ul style="list-style-type: none"> ○ Portioning a whole chicken ○ Chicken kiev / roulades ○ French style chicken ○ Meatballs & pasta or burgers ○ Sweet and sour pork or chicken with egg fried rice ○ Filleting of fish – fish pie ○ Meringue roulade ○ Quiche
4/3/24		
11/3/24		
18/3/24		
25/3/24		
15/4/24		<p>Food Commodity 5: Alternative Protein rich foods (nuts, seeds, beans, lentils, pulses)</p> <ul style="list-style-type: none"> • Types and classification • Uses and processing of soya beans • Product development of Quorn. • Nutritional Values of plant protein foods – low biological values. • Complimentary action of plant protein foods. • Vegetarians & dietary restrictions of some religious groups relating to meat consumption. • Possible practical work: Bean burgers or mixed bean chilli stew • <u>Brief, plan and practical assessment for unit 4&5 combined</u> <p>Food Commodity 6: Fats & oils</p> <ul style="list-style-type: none"> • Origins, production and processing • Types and classification • The science of fats & oils <p>Nutritional values and role in diet</p>
22/4/24		
29/4/24		
6/5/24		
13/5/24		
20/5/24		
3/6/24		<ul style="list-style-type: none"> • Health issues relating to fat <p><u>Written assessment covering units 4,5&6</u></p> <p>Food Commodity 7: Sugars & syrups</p> <ul style="list-style-type: none"> • Origins, production and processing • Types and classification • Nutritional values and role in diet • Health issues relating to sugar <p><u>Food science investigation: mock NEA1 task – role of sugar in cakes</u></p>
10/6/24		
17/6/24		
24/6/24		
1/7/24		
8/7/24		
15/7/24		