

Food Preparation & Nutrition

Date	Exams/ Assess	Unit(s)
4/9/23		<ul style="list-style-type: none"> • Introduction to Food - Identifying hazards, food hygiene and safety • Practical of Quesadillas • Bacteria, cross-contamination, 4 C's, preventing food poisoning • Safe use of basic kitchen equipment • Practical of fresh fruit salad – sharp knife introduction • DIRT1 – responding to HT1 theory assessment & feedback
11/9/23		
18/9/23		
25/9/23		
2/10/23		
9/10/23		
16/10/23		
30/10/23		<ul style="list-style-type: none"> • The food groups and Eatwell guide • Practical of pasta salad (HT2 practical assessment & feedback) • DIRT2 - responding to HT2 practical feedback • Fruit & vegetables theory • Sensory analysis of fruit
6/11/23		
13/11/23		
20/11/23		
27/11/23		
4/12/23		
11/12/23		<ul style="list-style-type: none"> • DIRT3 - responding to HT3 theory assessment and feedback • Starchy carbohydrate foods: origins, storage, nutritional values • Practical of potato wedges • Dairy Foods: origins, storage, nutritional values • Practical of cookies & cream fridge cake
1/1/24		
8/1/24		
15/1/24		
22/1/24		
29/1/24		
5/2/24		<ul style="list-style-type: none"> • Protein rich foods: origins, storage, nutritional values • Practical of Bolognese sauce • DIRT4 – responding to HT4 assessment and feedback of ongoing practical work • Fats & sugars theory: origins, types, uses in baking, health impacts
12/2/24		
26/2/24		
4/3/24		
11/3/24		
18/3/24		<ul style="list-style-type: none"> • Practical of fairy cakes
25/3/24		
15/4/24		
22/4/24		<ul style="list-style-type: none"> • Practical of banana or blueberry muffins
29/4/24		
6/5/24		<ul style="list-style-type: none"> • HT5 - Summer term written assessment
13/5/24		
20/5/24		<ul style="list-style-type: none"> • HT6 - final assessment of cumulative ongoing, practical work • DIRT 5 – in response to end of year report & target setting • Nutritional comparison of fairy cakes v muffins • Food Science investigation – sugar in cakes
3/6/24		
10/6/24		
17/6/24		
24/6/24		
1/7/24		
8/7/24		
15/7/24		