

Food Preparation & Nutrition

Date	Exams/ Assess	Details 1 lesson per fortnight
4/9/23		<ul style="list-style-type: none"> • Energy theory • Practical of flapjack • Energy balance • Practical of high energy oatie cookies • 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"> • Cereal crops & primary processing of wheat into flour • Practical assessment of rice dish (HT2 practical assessment & feedback) • DIRT2 - responding to HT2 practical feedback • Bread making – ingredients, functions and production processes • Practical of bread rolls
6/11/23		
13/11/23		
20/11/23		
27/11/23		
4/12/23		
11/12/23		
1/1/24		<ul style="list-style-type: none"> • Sensory analysis of Breads from Around the World • Practical of Pizza • DIRT3 – responding to HT3 theory assessment and feedback • Food Science investigation – yeast as a raising agent
8/1/24		
15/1/24		
22/1/24		
29/1/24		
5/2/24		
12/2/24		
26/2/24		<ul style="list-style-type: none"> • Healthy Eating Guidelines: 8 tips for Eating well • Practical of peri-peri chicken/vegi wraps • DIRT4 – responding to HT4 assessment and feedback of ongoing practical work • Food packaging & labelling
4/3/24		
11/3/24		
18/3/24		
25/3/24		
15/4/24		<ul style="list-style-type: none"> • Pastry- types, uses, functions of ingredients • Practical of sausage rolls • HT5 – Summer term written assessment
22/4/24		
29/4/24		
6/5/24		
13/5/24		
20/5/24		<ul style="list-style-type: none"> • Practical of jalousie pasty • HT6 – final assessment of cumulative ongoing, practical work • Comparing bread and pastry: ingredients, ratios and nutritional analysis • Recipe modification • DIRT 5 - in response to end of year report & target setting • Practical of pastry pizza swirls
3/6/24		
10/6/24		
17/6/24		
24/6/24		
1/7/24		
8/7/24		
15/7/24		