

Subject: Food

Date	Exams/ Assess	Unit(s)
2/9/24		<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
9/9/24		
16/9/24		
23/9/24		
30/09/24		
7/10/24		
14/10/24		
21/10/24		
4/11/24		<ul style="list-style-type: none"> • The food groups and Eatwell guide • Practical of pasta salad • Fruit & vegetables theory • Sensory analysis of fruit
11/11/24		
18/11/24		
25/11/24		
2/12/24		
9/12/24		
16/12/24		<ul style="list-style-type: none"> • Practical of potato wedges • Starchy carbohydrate foods: origins, storage, nutritional values • Practical of cookies & cream fridge cake
6/1/25		
13/1/25		
20/1/25		
27/1/25		
3/2/25		
10/2/25		<ul style="list-style-type: none"> • Dairy Foods: origins, storage, nutritional values • Practical of Bolognese sauce • Protein rich foods: origins, storage, nutritional values
24/2/25		
3/3/25		
10/3/25		
17/3/25		
24/3/25		
31/3/25		<ul style="list-style-type: none"> • Practical of banana, blueberry or summer fruit muffins • Fats & sugars theory: origins, types, uses in baking, health impacts
21/4/25		
28/4/25		
5/5/25		
12/5/25		
19/5/25		<ul style="list-style-type: none"> • Practical of fairy cakes • Food Science investigation – sugar in cakes • Nutritional comparison of fairy cakes v muffins
2/6/25		
9/6/25		
16/6/25		
23/6/25		
30/6/25		
7/7/25		
14/7/25		