

Year 11 Food and Nutrition Long Term Plan 2023-2024

Term		04.09.23	11.09.23	18.09.23	25.09.23	02.10.23	09.10.23	16.10.23	23.10.23	06.11.23	13.11.23	20.11.23	27.11.23	04.12.23	11.12.23	18.12.23
	Curriculum Content	Accuracy – Practical Recap of micro and macro nutrients Fibre	Practical - High fibre dish Groups and their needs Health conditions	Mini mock - Get brief Research - adapt a recipe Menu planning	Selecting a menu of dishes Action planning	Write up recipe - how it meets the needs	Practical Prepare and cook 2 course menu Evaluation	Food allergies Food labels and symbols Practical	Assessment knowledge checker Intro to CA4 Food choices	Practical Sensory Testing Food choices continued	Environmental factors Seasonal Practical - dish from seasonal produce	Seasonal continued End of CA assessment Practical	Intro to CA5 Practical Presentation practical	Importance of recipes Practical - aeration Yeast experiment	Practical Steam - choux buns Practical - Coagulation Evaluation of dishes	Technique and skills evaluation Practical - Marinating Practical simmering
Term 1	Retrieval	Why recipes must be followed Prior knowledge of nutrients	Why we need fibre Different groups needs Prior knowledge of health conditions affecting food choices	Why recipes need adapting for different needs How plan a menu	Health and safety Exam question	Exam questions	Subject recall	Subject recall	Food allergies and their symptoms	Different food choices Senses	Exam question	What are seasonal foods? Environmental recall	Exam question Subject recall	Health and safety recap	What is aeration? What does Yeast do in a dish?	Coagulation Subject recall
Term 2	Curriculum	08.01.24	15.01.24	22.01.24	29.01.24	05.02.24	19.02.24	26.02.24	04.03.24	11.03.24	18.03.23	25.03.23				
		Potato research	Presentation skills continued	NEA	NEA	NEA	NEA	NEA	NEA	Recap CA1 Health and	HACCP Visit a working	Equipment recap				

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