

Class of 2023 Food Preparation and Nutrition Y11

Long Term Plan 2020-21

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
	W/C 24/08	W/C 31/08	W/C 07/09	W/C 14/09	W/C 21/09	W/C 28/09	W/C 05/10	W/C 12/10	W/C 02/11	W/C 09/11	W/C 16/11	W/C 23/11	W/C 30/11
Cycle 1	Induction	To understand the requirements of the Year 11 course.	Be able to identify a food science investigation and create a hypothesis.	To analyse and investigate NEA 1	To plan a food science investigation.	To carry out an effective food science investigation.	To carry out an effective food science investigation.	Be able to analyse and evaluate a food science experiment.	Be able to reflect and act upon feedback.	To complete effective research and brief analysis.	To complete effective research and brief analysis.	To analyse dishes for suitability and identify key skills.	To analyse dishes for suitability and identify key skills.
		See Y10 C3	See Y10 C3	See Y10 C3	See Y10 C3	See Y10 C3	See Y10 C3	See Y10 C3					
Cycle 2	W/C 07/12	W/C 14/12	W/C 04/01	W/C 11/01	W/C 18/01	W/C 25/01	W/C 01/02	W/C 08/02	W/C 22/02	W/C 01/03	W/C 08/03	W/C 15/03	W/C 22/03
	To demonstrate a range of technical skills.	To demonstrate a range of technical skills.	To demonstrate a range of technical skills.	To demonstrate a range of technical skills.	To be able to select and plan an appropriate dish to respond to the brief.	Be able to execute a range of technical skills with confidence, precision and accuracy.	To demonstrate knowledge and understanding of food nutrition and health.	To demonstrate knowledge and understanding of making informed choices	To apply knowledge and understanding of food nutrition and health.	To apply knowledge and understanding of nutritional needs and health	To understand how and why food is cooked and how heat is transferred.	Explain how and why food is cooked and how heat is transferred. Remote Learning: See Task Sheet HERE	NEA 2 Evidence - Practical skills - Remote Learning: See Task Sheet HERE
Cycle 3	W/C 12/04	W/C 19/04	W/C 26/04	W/C 03/05	W/C 10/05	W/C 17/05	W/C 24/05	W/C 07/06	W/C 14/06	W/C 21/06	W/C 28/06	W/C 05/07	W/C 12/07
	Explain the functional and chemical properties of food - Carbohydrates Remote Learning: See Task Sheet HERE	Explain the functional and chemical properties of food – Fats and Oils Remote Learning: See Task Sheet HERE	Explain food spoilage and contamination Remote Learning: See Task Sheet HERE	Explain the principles of food safety. Remote Learning: See Task Sheet HERE	Explain the factors effecting food choice. Remote Learning: See Task Sheet HERE	What are British and international cuisines. Remote Learning: See Task Sheet HERE	What is Environmental impact and sustainability of food. Remote Learning: See Task Sheet HERE						