



YEAR 11 GCSE FOOD PREPARATION AND NUTRITION

YEAR	TRINITY 2	MICHAELMAS 1	MICHAELMAS 2	LENT 1	LENT 2	TRINITY 1
11	<p>Diet And Good Health</p> <p>The Eatwell Guide 8 Tips for heathy eating. Adapting meals to meet current dietary advice</p> <p>Water</p> <p>Planning balanced diets for different ages</p> <p>Planning balanced diets for dietary needs or illnesses</p> <p>Adapting meals to meet lifestyle patterns – vegetarians and religious beliefs</p> <p>Energy balance Planning balanced diets for people with different energy needs</p> <p>Practical Skills Trifle Panna Cotta Béchamel Sauce Pasta Tagine</p>	<p>Preparation for NEA</p> <p>Costing Nutritional analysis</p> <p>Practical Skills Jointing a Chicken</p> <p>NEA Assessment 1 released to teachers 1st September</p> <p>NEA Assessment 1 Research methods</p> <p>NEA Assessment 1 Hypothesis setting</p> <p>NEA Assessment 1 Plan of Action</p> <p>NEA Assessment 1 Exam Carry our experiment</p> <p>NEA Assessment 1 Writing up an experiment</p> <p>NEA Assessment 1 Analysis of results and drawing conclusions</p> <p>NEA Assessment 1 Referencing sources</p>	<p>NEA Assessment 2 released to teachers 1st November</p> <p>NEA Assessment 2 takes place in class.</p> <p>Introduce NEA Assessment 2.</p> <p>NEA 2 Analyse brief, write plan of action</p> <p>NEA 2 Research</p> <p>NEA 2 Recipe trials</p> <p>Mock exam revision</p> <p>Mock exam</p>	<p>NEA Assessment 2 NEA 2 Recipe trials</p> <p>NEA 2 Select 2 dishes and accompaniments</p> <p>NEA 2 Reasons for choice</p> <p>NEA 2 Time plan</p> <p>NEA 2 Shopping list</p> <p>NEA 2 Equipment list</p> <p>NEA 2 3 hour practical exam</p> <p>NEA 2 Evaluation</p> <p>NEA 2 Referencing sources</p>	<p>Revision, tests and practice exam questions on:</p> <p>Commodities Principles of nutrition Diet and good health Where food comes from The science of food Cooking and food preparation</p>	



Saint Michael's CE High School

A Church of England Academy

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