

Term	Date	Focus	Summary	Learning Outcomes
Term 2	02/01/23	Eating for energy.	Health & Safety/ Food Hygiene.	Health & Safety/Food Hygiene in the Food Technology room.
	09/01/23		Energy Theory	Where do we get our energy from and how much does our bodie need to survive?
	16/01/23		Energy Bar Theory (Carbohydrates)	Analyse the functions/sources of Carbohydrates.
	23/01/23		Energy Bar Practical	Development of theory through practical.
	30/01/23		Omlette Theory	Analyse the functions/sources of Carbohydrates.
	06/02/23		Omlette Practical	Development of theory through practical.
	13/02/23			
	20/02/23	Eating for energy.	Sweet Mini Pancakes Theory.	Analyse the 4 different types of flour: where does it come from and how is it made?
	27/02/23		Sweet Mini Pancakes Practical.	Development of theory through practical.
	06/03/23		Breakfast Scones Theory	Raising Agents Theory
	13/03/23		Breakfast Scones Practical	Development of theory through practical.
	20/03/23		DIRT	Dedicated self refelction and improvement time.