

Term	Week	Focus	Summary	Learning Outcomes	Learning skills
Term 1.1	1	Introduction to the course.	Introduction and outline of the course. Outline of the specification.	Features of the course. The 12 practical skills. Course specification. Course assessment. The food Investigation. The food preparation task. The final examination.	Agile thinking Enquiring
	2	The Eatwell Guide	Filling in The Eatwell Guide to their own diet. Learning about each section.	To understand the importance of eating a variety of different foods from the Eatwell Guide. To understand the importance of eating the correct proportions of each section of the guide for a healthy balanced diet. To plan a suitable savory meal for a teenager that meets all the advice of the Eatwell guide.	Enquiring Hard working
	3	Macronutrients-Protein	Protein and the different sources/functions.	To confidently explain the different functions and sources of Protein. To describe the effects of a deficiency or excess of protein in the diet. To understand the amount of protein needed at different life stages.	Hard working Linking
	4	Macronutrients-Carbohydrates	Carbohydrates and the different sources/functions.	To confidently explain the different functions and sources of Carbohydrates. To describe the effects of a deficiency or excess of Carbohydrates in the diet. To understand the amount of Carbohydrates needed at different life stages.	Collaborative learning Agile Thinking
	5	Macronutrients-Fats	Fats and the different sources/functions.	To confidently explain the different functions and sources of Fats. To describe the effects of a deficiency or excess of Fats in the diet. To understand the amount of Fats needed at different life stages	Hard working Linking
	6	Micronutrients-Vitamins	Fat Soluble Vitamins A, D, E & K.	To explain the functions and main sources of vitamins in the body. To describe the effect of excess and deficiency of vitamins in the diet. To understand the dietary reference values for the different vitamins needed every day.	Analytical thinking Collaborative

Term 1.2	1	Micronutrients- Vitamins	Water soluble vitamins B & C.	To explain the functions and main sources of vitamins in the body. To describe the effect of excess and deficiency of vitamins in the diet. To understand the dietary reference values for the different vitamins needed every day.	Collaborative Linking
	2	Micronutrients- Minerals	Calcium, iron, salt, iodine, phosphorus, fluoride and water.	To explain the functions and main sources of each mineral in the body. To describe the effect of excess and deficiency of different minerals in the diet. To understand the dietary reference values needed for the different minerals needed every day.	Hard working Critical thinking
	3	Bread Rolls Practical	Baking bread Rolls from scratch.	To understand the function of yeast when preparing and making bread rolls.	Collaborative learning Agile Thinking
	4	Pizza Practical	Cooking Pizza from scratch.	To understand the function of yeast when preparing and making pizza.	Critical thinking Mata-thinking
	5	Pasta Making Practical	Making fresh Pasta and using the pasta rolling machine.	To understand how to shape and bind the dough when preparing and making fresh pasta.	Agile thinking Hardworking- Perserverance
	6	Apple Crumble Practical	Making an apple crumble with cooked apples and a fresh handmade crumble on top and browned in the oven.	To understand the 'rubbing in' technique when preparing and making an apple crumble.	Collaborative learning Critical thinking Mata-thinking