

		Lesson Focus	Homework
Autumn 1	Week 1	Micro Organisms, Food Safety Legislation, HACCP, Food Premises, Practical – pastries - shortcrust	Watch episode of Food Inspectors
	Week 2	Responsibilities of Food Handlers Important Temperatures, Protective Clothing, Training Practical – pastries - flaky	Revise functions of Macro Nutrients
	Week 3	Classification of Nutrients (4 methods) Sources of Macro Nutrients, Functions of Macro Nutrients Practical – pastries - choux	Revise functions of Micro Nutrients
	Week 4	Sources of Micro Nutrients, Functions of Micro Nutrients, Practical – filleting fish and emulsions	Revision for Assessment
	Week 5	Sources of Minerals, Functions of Minerals, Practical – deboning chicken and risottos	Minerals A01 Questions
	Week 6	Functions of Nutrients in growth and development Functions of Nutrients in Energy Production Functions of Nutrients in Regulating Metabolism Practical – roulade	
	Week 7	Unsatisfactory Nutritional Intake Obesity, CVD, Diabetes, Dental Disease, Cancer, Digestive Disorders Practical -Panna Cotta Fruit Decoration	Case study exam question
	Week 8	Unsatisfactory Nutritional Intake Rickets, Osteoporosis Anaemia, Skin Disorders Practical Chocolate Decoration Set Cheesecake	Case study exam question
Autumn 2	Week 9	Effects of Processing on Nutrients Effects of Cooking Methods on Nutrients Effects on Nutrients from Food Preservation Methods Effects on Nutrients from Food Packaging and	Revision for Assessment

		Storage Practical - Homemade Pasta – tortellini and angelof	
	Week 10	Antioxidants Fortification of Foods Cholesterol Lowering Products Assessment (Content Covered So Far) Practical - sushi	Corrections on Assessment
	Week 11	Nutritional Needs of Specific Groups Food Environments Calculating Nutritional Needs Life Stages Practical – potato and veg dishes	Life stages report
	Week 12	Nutritional Needs of Specific Groups Activity Levels Sports Nutrition Medical Conditions Culture Practical – Enriched dough	Case study exam question
	Week 13	Analysis of Diets Eating Patterns, Dietary Guidelines, Fitness for Purpose, Sustainable Diets Practical - starters	Revision for Assessment
	Week 14	Revision for theory assessment Dish selection for practical assessment Timeplan production for Practical Assessment Theory Assessment	Timeplan completion
	Week 15	Analysis of all 3 coursework tasks- Students to choose one and gather background research towards chosen task	
Spring 1	Week 16	Dish selection for menu (3 courses with accompaniments) Menu creation (Computer)	Recipe research

		Introduction and Response email typed up (3.3)	Students can use this time to prepare notes and research additional information for their coursework. 9.5hr time does not allow work to be completed at home.
	Week 17	Analysis of target audience, nutritional needs (3.3)	
	Week 18	Assess how different situations affect nutritional needs (3.4) How the menu meets the needs of specific groups (4.2, 2.1)	
	Week 19	Explanation of how nutrients are structured (2.1) Classifying nutrients (2.2)	
	Week 20	Description of nutrient sources, function and unsatisfactory intake (2.2, 3.1, 3.2)	
	Week 21	Nutritional Analysis of Dishes and evaluation for suitability (4.1) Assess the impact of food production methods on nutritional value of dishes (2.3)	
Spring 2	Week 22	Timeplan for Dishes (1.4, 5.2)	
	Week 23	Explanation how individuals can take responsibility for food safety, keep themselves clean and hygienic and areas clean and hygienic (1.1, 1.2, 1.3)	
	Week 24	Preparation for Interview Preparing responses to interview questions	
	Week 25	Coursework Completion Interview Week	
	Week 26	Coursework Completion Practical Exam	
	Week 27	Coursework Completion	
Summer 1	Week 28	Exam Skills- Section 3 of the Exam Part a Part b Part c	Exam Question- Section C

	Week 29	Health, Hygiene and Safety Revision	Exam Question
	Week 30	Functions of Nutrients, Vitamins and Minerals revision	Exam Question
	Week 31	Unsatisfactory Nutritional Intake Revision	Exam Question
	Week 32	Nutritional Needs of Specific Groups Revision	Exam Question
	Week 33	Chemical Structures	Revision
Summer	Week 34	Exam Week	