

# Food Preparation and Nutrition Year 11

## Learning Intentions Summer Term 1

2024-2025

	LESSON 1	LESSON 2	LESSON 3
WEEK 28 wc 21 <sup>st</sup> April	<ul style="list-style-type: none"><li>• Revision- To understand the function and sources of macronutrients.</li></ul>	<ul style="list-style-type: none"><li>• Revision- To understand the function and sources of micronutrients.</li></ul>	<ul style="list-style-type: none"><li>• Revision- To understand the functions of water and fibre.</li><li>• Recap key terms.</li></ul>
WEEK 29 wc 28 <sup>th</sup> April	<ul style="list-style-type: none"><li>• Revision- Understand the Eatwell Guide, Government guidelines and healthy eating.</li></ul>	<ul style="list-style-type: none"><li>• Revision- Understand food labelling and nutritional needs through the ages.</li></ul>	<ul style="list-style-type: none"><li>• Revision- Understanding factors affecting food choices and special diets.</li></ul>
WEEK 30 wc 5 <sup>th</sup> May	<ul style="list-style-type: none"><li>• Revision- To understand why we cook foods and heat transfer methods.</li></ul>	<ul style="list-style-type: none"><li>• Revision- To understand the types and uses of raising agents.</li></ul>	<ul style="list-style-type: none"><li>• Revision- To understand cross-contamination, food poisoning and food spoilage.</li></ul>
WEEK 31 wc 12 <sup>th</sup> May	<ul style="list-style-type: none"><li>• Revision- To understand food provenance, food waste and sustainability.</li></ul>	<ul style="list-style-type: none"><li>• Revision- To understand British and International cuisine.</li></ul>	<ul style="list-style-type: none"><li>• Revision- To understand seasonality.</li><li>• Key terms and exam question technique.</li></ul>
WEEK 32 wc 19 <sup>th</sup> May	<ul style="list-style-type: none"><li>• Revision- To understand aeration in cake making.</li><li>• To understand pastry making</li></ul>	<ul style="list-style-type: none"><li>• Revision- To recap on cereals as a commodity.</li></ul>	<ul style="list-style-type: none"><li>• Revision- To recap on fruit &amp; veg/ meat, fish &amp; eggs as commodities.</li></ul>