

Learning Intention	Vocab	Concept	Retrieval	Success Criteria	Hinge Questions for this lesson	Red Zone
Wk 1 - Lesson 1 Nutritional needs	Nutrition Factors Age related nutrition Health related nutrition	Food nutrition	Nutrition Factors Age related nutrition Health related nutrition	I can identify nutritional needs in different groups I can describe the concept of nutrition I can explain the different nutritional groups	Which group generally requires the highest calorie intake? A) Elderly adults B) Teenagers C) Infants D) Office workers	Complete the activity task for this lesson
Wk 2 - Lesson 2 Practical learning	Safety Utensils Equipment Accuracy Focus	Applied Practical skills	Safety Tools Equipment Accuracy Planning Focus	I can complete practical tasks on time I can use utensils, equipment and ingredients safely I can tidy my work area, so it is clean and dry	What is the safest way to check if meat is cooked thoroughly? A) Cut it and check the colour B) Use a food thermometer C) Press it with a fork D) Smell it	Complete the practical task for this lesson
Wk 3 - Lesson 3 Food choice	Choice Range Media Peer pressure Health	Consumer choice	Choice Range Media Peer pressure Health	I can identify factors in food choice I can describe the different types of factors in food choice I can explain the different health reasons for food choice	Which of these is a social factor that influences food choice? A) Peer pressure B) Vitamin content C) Cooking temperature D) Packaging size	Complete the activity task for this lesson
Wk 4 - Lesson 4 Practical learning	Safety Utensils Equipment Accuracy Focus	Applied Practical skills	Safety Tools Equipment Accuracy Planning	I can complete practical tasks on time I can use utensils, equipment and ingredients safely	Why should raw and cooked foods be stored separately? A) To keep food fresh longer	Complete the practical task for this lesson

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			Focus	I can tidy my work area, so it is clean and dry	B) To prevent cross-contamination C) To save space in the fridge D) To make cooking easier	
Wk 5 - Lesson 5 Special diets	Health Allergy Intolerance Lifestyle choices	Food nutrition	Health Allergy Intolerance Lifestyle choices	I can identify special diets I can describe the reasons behind them I can explain the options for people on special diets	Which diet excludes all animal products? A) Vegetarian B) Vegan C) Pescatarian D) Flexitarian	Complete the activity task for this lesson
Wk 6 - Lesson 6 Practical learning	Safety Utensils Equipment Accuracy Focus	Applied Practical skills	Safety Tools Equipment Accuracy Planning Focus	I can complete practical tasks on time I can use utensils, equipment and ingredients safely I can tidy my work area, so it is clean and dry	What should you do if you drop a knife during cooking? A) Try to catch it quickly B) Step back and let it fall C) Kick it away D) Grab the blade	Complete the practical task for this lesson
Wk 7 - Lesson 7 UK food culture	Culture Factors History Cost	Food history	Culture Factors History Cost	I can identify UK foods I can describe eating habits in the UK I can explain the influences on UK food	Which of these is a traditional UK dish? A) Paella B) Fish and chips C) Sushi D) Burrito	Complete the worksheet