

Weekly Food Preparation & Nutrition Revision Plan		
Week	Topic	Task
8 29/4/19	<ul style="list-style-type: none"> <li>• Macronutrients</li> <li>• Protein</li> <li>• Fat</li> <li>• Carbohydrates</li> </ul>	<ul style="list-style-type: none"> <li>• Read CGP red book: Pgs 1-6</li> <li>• Create flashcards: <ul style="list-style-type: none"> <li>1<sup>st</sup> side: Name of Macro nutrient</li> <li>2<sup>nd</sup> side: what it is needed for in the diet and images of source foods</li> </ul> </li> <li>• Answer the questions that will be on Classcharts</li> <li>• Green pen your work and bring all work into school <b>Weds 1<sup>st</sup> May</b></li> </ul>
7 6/5/19	<ul style="list-style-type: none"> <li>• Micronutrients</li> <li>• Vitamins – Fat Soluble</li> <li>• Vitamins – Water Soluble Pages 7-8</li> <li>• Minerals</li> <li>• Minerals &amp; Trace Elements</li> <li>• Fibre &amp; Water</li> </ul>	<ul style="list-style-type: none"> <li>• Read CGP red book: Pgs 7-10</li> <li>• Create a knowledge organiser which covers all of the micronutrients and key facts</li> <li>• Answer the questions that will be on Classcharts</li> <li>• Green pen your work and bring all work into school <b>Weds 8<sup>th</sup> May</b></li> </ul>
6 13/5/19	<ul style="list-style-type: none"> <li>• Food Safety</li> <li>• Food Spoilage</li> <li>• Food Storage</li> <li>• Safe Preparation</li> </ul>	<ul style="list-style-type: none"> <li>• Read CGP red book: Pgs 34-40</li> <li>• Create a poster which explains clearly, all of the aspects of Personal Hygiene and food safety</li> <li>• Create flashcards: <ul style="list-style-type: none"> <li>1<sup>st</sup> side: Name of pathogenic bacteria and where found</li> <li>2<sup>nd</sup> side: symptoms and gestation periods</li> </ul> </li> <li>• Create a mindmap: <ul style="list-style-type: none"> <li>• Centre: Put the word 'Contaminants',</li> <li>• First tier: The three main food contaminants,</li> <li>• Second tier: Examples of these contaminants</li> </ul> </li> <li>• Answer the questions that will be on Classcharts</li> <li>• Green pen your work and bring all work into school <b>Weds 15<sup>th</sup> May</b></li> </ul>
5 20/5/19	<ul style="list-style-type: none"> <li>• Food Science</li> <li>• Cooking Methods</li> <li>• Changing Properties</li> <li>• Raising Agents</li> </ul>	<ul style="list-style-type: none"> <li>• Read CGP red book: Pgs 22-32</li> <li>• Illustrate the 4 main methods of cooking food (conduction, convection, radiation (infra red radiant heat, radiation (microwave) (also see textbook pg 69)</li> <li>• Create a labelled flowchart/process illustration for each change of properties for the macronutrients.</li> <li>• Create flashcards: <ul style="list-style-type: none"> <li>1<sup>st</sup> side: Name of raising agent</li> <li>2<sup>nd</sup> key facts about named raising agent</li> </ul> </li> <li>• Answer the questions that will be on Classcharts</li> <li>• Green pen your work and bring all work into school <b>Weds 22<sup>nd</sup> June</b></li> </ul>
4 27/5/19 (May Half Term)	<ul style="list-style-type: none"> <li>• Healthy Eating</li> <li>• Nutrition for Different Groups</li> <li>• Diet &amp; Health Problems</li> </ul>	<ul style="list-style-type: none"> <li>• Read CGP red book: Pgs 11-15</li> <li>• Create an illustrated Eatwell Guide</li> <li>• Create flashcards: <ul style="list-style-type: none"> <li>1<sup>st</sup> side: Age group</li> <li>2<sup>nd</sup> key facts about nutritional needs of the age group</li> </ul> </li> <li>• Create a mindmap: <ul style="list-style-type: none"> <li>• Centre: Put the words 'Diet Related Health problems',</li> <li>• First tier: Name the different main health problems</li> <li>• Second tier: Key facts about these health problems</li> </ul> </li> <li>• Answer the questions that will be on Classcharts</li> <li>• Green pen your work and bring all work into school <b>Weds 5<sup>th</sup> June</b></li> </ul>

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Week	Topic	Task
3 3/6/19	<ul style="list-style-type: none"> <li>Nutrition and Health</li> <li>Planning for Different Groups</li> </ul>	<ul style="list-style-type: none"> <li>Read CGP red book: Pgs 16-20</li> <li>Create a menu suitable for each of the different age groups. Explain why the elements of the menu are suitable.</li> <li>Plan a meal each for someone who has coeliac disease, lactose intolerance, nut allergy and vegetarian. Explain your food choices.</li> <li>Define BMR, and PAL</li> <li>Collect some packaging from a ready meal/other food product which shows nutritional content on it. Analyse the food in reference to different age groups. Explain your conclusions.</li> <li>Answer the questions that will be on Classcharts</li> <li>Green pen your work and bring all work into school <b>Tuesday 11<sup>th</sup> June</b></li> </ul>
2 10/6/19	<b>Exam : 13<sup>th</sup> June</b> <b>1hr</b>	
1 17/6/19		