

THE THOMAS ADAMS SCHOOL ~ WEM

10 WEEK COUNTDOWN - BLOCK PLAN
YEAR 11 – 2019

Subject: GCSE Food Preparation and Nutrition		
Date	Work/Learning/Deadlines	Extra Lessons/Notes/Key Dates
!! THE TEN WEEK COUNTDOWN STARTS ON FEBRUARY 11th!!		
Week 1 Mon. 11 th Feb.	Coursework complete section C – evaluations. Use help booklet for more information. <u>Group 2 (Monday's lessons) Due in 25th February.</u> <u>Group 1 (Wednesday's lessons) Due in 1st March.</u>	Revision class Wednesday lunchtime (27B) – bring Food with you.
Weekly Revision Task: <i>Complete coursework.</i>		
Week 2 Mon. 25 th Feb.	Print coursework and complete candidate declaration. Review year 11 mock papers – add in correct answers. Complete chapter 3 of white revision guide. Remember throughout to use the online book – www.illuminate.digital/eduqasfood Student Username: SADAMS4 Student Password: STUDENT4	Revision class Wednesday lunchtime (27B) – bring Food with you.
Weekly Revision Task: Complete review of mock paper if not completed in class.		

<p>Week 3 Mon. 4th March</p>	<p>Please bring year 10 workbook with you to lessons.</p> <p>Food provenance food origins to include where and how foods are grown, reared, or caught</p> <ul style="list-style-type: none"> • food miles, impact on the carbon footprint, buying foods locally • impact of packaging on the environment versus the value of packaging • sustainability of food: the impact of food waste on the environment, local, global markets and communities, effect of food poverty • food security: access to safe sufficient food for all (World Health) <p>Food manufacturing primary stages of processing and production to include point of origin, the transporting, cleaning and sorting of the raw food e.g. bags of fruit.</p> <ul style="list-style-type: none"> • secondary stages of processing and production to include how primary products are changed into other types of products, e.g. wheat to bread; milk to cheese and yoghurt; fruit to jams, jellies and juices. • how processing affects the sensory and nutritional properties of ingredients e.g. cured meat products • technological developments that claim to support better health and food production including fortification and modified foods <ul style="list-style-type: none"> • the positive and negative effects of food modification on health and food production e.g. flavour intensifiers, stabilisers, preservatives, colourings, emulsifiers • the ability of additives to produce the desired effect 	<p>Revision class Wednesday lunchtime (27B) – bring Food with you.</p>
<p>Weekly Revision Task: Complete mind map or revision cards on the above and exam questions. Complete revision guide questions (white book) that match the topic.</p>		
<p>Week 4 Mon. 11th March</p>	<p>The science of food</p> <ul style="list-style-type: none"> • why food is cooked, to include, digestion, taste, texture, appearance and to avoid food contamination • how heat is transferred to food through conduction, convection and radiation and how and why the production of some dishes rely on more than one method of heat transference • how selection of appropriate cooking methods can: (i) conserve or modify nutritive value, e.g. steaming of green vegetables (ii) improve palatability e.g. physical denaturation of protein 	<p>Revision class Wednesday lunchtime (27B) – bring Food with you.</p>
<p>Weekly Revision Task: Complete mind map or revision cards on the above and exam questions. Complete revision guide questions (white book) that match the topic.</p>		

	Work/Learning/Deadlines	Extra Lessons/Notes/Key Dates
Week 5 Mon. 18 th March	Food commodities <ul style="list-style-type: none"> • bread, cereals, flour, oats, rice, potatoes, pasta • fruit and vegetables (fresh, frozen, dried, canned and juiced) • the value of the commodity within in the diet • features and characteristics of each commodity with reference to their correct storage to avoid food contamination • the working characteristics of each commodity, with reference to the skill group and techniques table listed in Appendix A, e.g. when subjected to dry/moist methods of cooking • the origins of each commodity 	Revision class Wednesday lunchtime (27B) – bring Food with you.
Weekly Revision Task: Complete mind map or revision cards on the above and exam questions. Complete revision guide questions (white book) that match the topic.		
Week 6 Mon. 25 th March	Food commodities <ul style="list-style-type: none"> • milk, cheese and yoghurt • meat, fish, poultry, eggs • the value of the commodity within in the diet • features and characteristics of each commodity with reference to their correct storage to avoid food contamination • the working characteristics of each commodity, with reference to the skill group and techniques table listed in Appendix A, e.g. when subjected to dry/moist methods of cooking • the origins of each commodity 	Revision class Wednesday lunchtime (27B) – bring Food with you.
Weekly Revision Task: Complete mind map or revision cards on the above and exam questions.		
Week 7 Mon. 1 st April	Food commodities <ul style="list-style-type: none"> • soya, tofu, beans, nuts, seeds • butter, oils, margarine, sugar and syrup • the value of the commodity within in the diet • features and characteristics of each commodity with reference to their correct storage to avoid food contamination • the working characteristics of each commodity, with reference to the skill group and techniques table listed in Appendix A, e.g. when subjected to dry/moist methods of cooking • the origins of each commodity 	Revision class Wednesday lunchtime (27B) – bring Food with you.
Weekly Revision Task: Complete mind map or revision cards on the above and exam questions. Complete mind map or revision cards on the above and exam questions. Complete revision guide questions (white book) that match the topic.		

<p>Week 8 Mon. 8th April</p>	<p>Principles of nutrition the definition of macronutrients and micronutrients in relation to human nutrition</p> <ul style="list-style-type: none"> • the role of macronutrients and micronutrients in human nutrition <p>Diet and good health the recommended daily intake (RDI) and the percentage energy values of protein, fat and carbohydrates: monosaccharides (sugars) polysaccharides (starch) and non-soluble polysaccharides (dietary fibre) vitamins and minerals how nutrients work together in the body, e.g. complementary actions</p> <ul style="list-style-type: none"> • basal metabolic rate (BMR) and physical activity level (PAL) and their importance in determining energy requirements • recommend guidelines for a healthy diet • identify how nutritional needs change due to age, life style choices and state of health • plan a balanced diet for different groups (toddlers, OAP's, vegetarians) 	<p>Revision class Wednesday lunchtime (27B) – bring Food with you.</p>
<p>Weekly Revision Task: Complete mind map or revision cards on the above and exam questions. Complete mind map or revision cards on the above and exam questions. Complete revision guide questions (white book) that match the topic.</p>		
<p>Week 9 Mon. 29th April</p>	<p>Food spoilage how to store foods correctly: refrigeration/freezing, dry/cold storage, appropriate packaging/covering of foods</p> <ul style="list-style-type: none"> • the importance of date-marks, labelling of food products to identify storage and preparation • the growth conditions, ways of prevention and control methods for enzyme action, mould growth and yeast production • the signs of food spoilage, including enzymic action, mould growth, yeast production and bacteria • the role of temperature, pH, moisture and time in the control of bacteria • the types of bacterial cross-contamination and their prevention • preservation/keeping foods for longer, e.g. jam making, pickling, freezing, bottling, vacuum packing 	<p>Revision class Wednesday lunchtime (27B) – bring Food with you.</p>
<p>Weekly Revision Task: Complete mind map or revision cards on the above and exam questions. Complete mind map or revision cards on the above and exam questions. Complete revision guide questions (white book) that match the topic.</p>		
<p>Week 10 Tues. 7th May</p>	<p>Catch up week – consolidation of learning. **Opportunity to cook**</p> <p><i>(Bank Holiday on Mon. 6th May / External Exams begin 13th May)</i></p>	<p>Revision class Wednesday lunchtime (27B) – bring Food with you.</p>
<p>Weekly Revision Task: Exam questions. Complete white book.</p>		

EASTER HOLIDAY: FRIDAY 12TH April – FRIDAY 26TH APRIL