



## What will you learn?

### Topic(s)

#### Food and Nutrition

- Health and Safety
- Functions of Equipment
- Eat Well Guide
- Temperature and safe storage

## How will you be assessed?

### Overall assessment

Through the measuring of students' designing, making and evaluating a product. Students are also given home learning to support lesson content.

### End of Year assessment

Students sit a 1 hour written exam at the end of the year.

## Which resources should you use?

### Books, websites, online resources, trips and visits

#### Food and Nutrition:

Students are encouraged to cook at home. There are plenty of cooking programmes on TV that you can gain inspiration from.

#### Websites:

[www.bbcgoodfood.com/content/recipes/special-diets](http://www.bbcgoodfood.com/content/recipes/special-diets)

Information: Recipes for special diets

[www.fairtrade.org.uk](http://www.fairtrade.org.uk)

Information: Information and resources about fair-trade and sustainability

[www.soilassociation.org/](http://www.soilassociation.org/)

Information: Organic food information

[www.bbc.co.uk/food](http://www.bbc.co.uk/food)

Information: Recipes

<https://sites.google.com/site/foodrevision>

Information: Revision, past papers & controlled assessment advice

[www.bbc.co.uk/schools/gcsebitesize/design/foodtech/](http://www.bbc.co.uk/schools/gcsebitesize/design/foodtech/)



Information: BBC Bitesize food technology area – tests, activities, videos

[www.nutrition.org.uk](http://www.nutrition.org.uk)

Information: Information & resources

[www.vegsoc.org](http://www.vegsoc.org)

Information: Vegetarian recipes

## What independent work can you do?

### Books, websites, online resources

Use the VIP Zone, there you will find:

- An 'Independent Learning' folder full of resources and ideas to support your learning
- PLCs [Personal Learning Checks] - use these to rate your understanding of each topic and to recap and stretch your knowledge and skills.

Start revising. Try some of these to improve your understanding of each lesson and to help you prepare for assessments.

- **Summarise your notes:** Identify the key ideas and essential details. This technique improves understanding and retention by making information clearer and more manageable.
- **Flashcards:** Write key information on cards, don't forget to include an example
- **Mind maps:** Visually organize information by creating diagrams that connect ideas. This helps you see the relationships between topics.
- **Mnemonics:** Use songs, rhymes, or acronyms to help remember facts and figures.
- **Recording and replaying:** Record yourself reading notes and listen back to them.
- **Sticky notes:** Write / draw a key point on each note and place them around your house to help with memorisation.

Watch this: BBC Bitesize [The Best Memory Hacks to Help Your Revision](#)