



What will you learn?

Topic(s)

Autumn: H&S and Nutrition

- Health, safety and hygiene
- Eat well guide & healthy eating
- Micronutrients (Vitamins & minerals) and macronutrients (Carbohydrates, fats & Proteins)
- Diet through the ages
- Specific dietary needs & nutritional deficiencies
- Specific lifestyle needs and factors affecting food choice
- Making a range of dishes related to Nutrition and dietary needs & choices.

Spring: International cuisine and food provenance

- Where and how foods are grown, reared, or caught
- Primary and secondary processing of food
- The environmental effects of food miles and food waste
- Food sustainability and security
- Factors affecting food choice
- Making a range of dishes related to different countries & cultures.

Summer: Food Science

- Why is food cooked? And how heat is transferred to food?
- Appropriate cooking methods
- The positive use of microorganisms in food production
- Food science of carbohydrates, Fats and Proteins.
- Making a range of dishes related to food science.

How will you be assessed?

Overall assessment

Students will be assessed in the following ways:

1. Sitting a mid-year written examination to assess their theory of the subject.
2. The quality of your final dishes will be assessed.
3. The quality of your written evaluations and homework.
4. Sitting an end of year written exam.



End of Year assessment

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

Which resources should you use?

Books, websites, online resources, trips and visits

- Recipes - www.bbcgoodfood.com
- Seneca interactive learning - <https://senecalearning.com/en-GB/>
- Information and resources about fair-trade and sustainability - www.fairtrade.org.uk
- Organic food information - www.soilassociation.org/
- BBC Bitesize food technology area - <https://www.bbc.co.uk/teach/class-clips-video/articles/zvjh8xs>
- BBC Bitesize - <https://www.bbc.co.uk/bitesize/subjects/zdn9jhy>
- Nutrition - www.nutrition.org.uk
- The Eatwell guide: <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

Glossary of Key Terms [[LINK](#)]

RAG and Revisit

Practical PLC [[LINK](#)]

Written exam PLC [[LINK](#)]

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](#)