

## PCHS Curriculum Information

<b>Course Title: Cooking &amp; Nutrition.</b>	<b>Frequency:</b> 1 Lesson per fortnight	
<p><b>How will students be assessed?</b>          Practical and written work assessed during the year with written feedback. Homework set and assessed throughout the course.</p>		

<b>KEY CONTENT</b>
<p><b>Half Term 1</b>  <b>Students have one lesson per fortnight</b></p> <p>Eat well Guide &amp; Nutritional needs of a teenager    Homework: diet diary/review          Practical lesson: <b>Apple Crumble</b></p> <p>Energy requirements &amp; special dietary needs          Practical lesson : <b>Fajitas</b>          Nutritional analysis / review of readymade products</p>
<p><b>Half Term 2</b>  <b>Students have one lesson per fortnight</b></p> <p>Practical : <b>Bolognese</b>      Homework: Sensory analysis          Homemade v Readymade / Sensory Analysis</p>
<p><b>Half Term 3</b>  <b>Students have one lesson per fortnight</b></p> <p>Vegetarian diet          Practical lesson: <b>Tomato &amp; Basil Flaky pastry pizza</b></p>
<p><b>Half Term 4</b>  <b>Students have one lesson per fortnight</b></p> <p>Ethical Shopping  <b>Practical : Toad in the Hole</b>          Multicultural Cuisine                      Homework : Research</p>
<p><b>Half Term 5</b>  <b>Students have one lesson per fortnight</b>          Factors affecting food choice  <b>Practical : Spicy Bean Burgers</b></p>

**Vitamins and Minerals**    Homework: Sensory analysis  
**Practical: Rock Buns**

**Half Term 6**  
**Students have one lesson per fortnight**

Functions of ingredients

**Practical : Fruit Cakes**

Final skills assessment and review

**Additional topics : Fast Foods / Food Waste**  
**(Extra practical : Chicken Goujons)**