

Year 11 : Food Preparation and nutrition Unit 3 – Revision

You will learn about:

Throughout this unit, we will revisit all key topics through a variety of practical and theory tasks. We will review key practical skills and techniques, identifying stages within methods as well as the scientific principals that make these work. We will revise key health and safety rules and the prevention of food related illness. We will review nutritional requirements throughout different life stages and revisit other factors that affect food choices and meal planning. Learning will be varied to include group activities, online revision resources and practical activities to fully prepare for the written paper.

You will develop understanding in and revise:

- Nutrients and their functions
- Diet through life stages
- Specialist diets
- Social, Moral and environmental factors affecting food choice
- Health and safety rules
- Bacteria and cross contamination
- Food Science; Protein, Carbs and Fats
- Cooking Methods and Heat Transfer
- Multi Cultural Cuisine, Traditions and Religions

Lesson Overview: <ol style="list-style-type: none">1. Nutritional Needs2. Nutrients3. Food Safety4. Food Hygiene5. Cooking Methods Practical6. Heat Transfer7. Preparation Skills Practical8. Religion and Culture9. Ethical Moral Beliefs10. Sensory Analysis	Key Words: Reaction Nutrition Protein Lamination Coagulation Aeration Dextrinisation Enzymic Techniques Investigation Cultural Religious
Suggested reading or support available: See important resources, feedback and information about lessons in your Showbie Class folder. http://www.foodafactoflife.org.uk/site.aspx?siteId=19&t=3 https://www.bbcgoodfood.com/ https://www.bbc.com/food/techniques https://www.vegsoc.org/ https://www.bbc.com/bitesize/subjects/zb8jmp3 www.technologystudent.com Illuminate publishing-AQA Food preparation and nutrition Hodder Education-Food prep and nutrition	Cross curricular: Science: Rates of reactions. Functions of ingredients within recipes. nutritional analysis. External effects on a reaction during preparation and cooking. P.E: Analysing nutritional content, calorific needs and BMI. Diet related health SMSC: Independent work requiring resilience and the ability to be self reflective throughout the task. Literacy: Key words and mnemonics Numeracy: Calculating measurements, sensory analysis charts.

