



HALF TERM	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
TOPIC (S)	Nutrition: Macro Nutrients. Function of Protein – Growth and repair Function of Carbohydrates – Energy Function of Fats – Energy, Insulation, Protects, Fat soluble vitamins. Practical Element: Spices and the uses of: Mild spinach curry	Nutrition: Micro Nutrients Functions of Vitamins - A; Healthy skin - D; Absorption and Calcium - E; Prevention of heart disease - K; Blood clotting - C; absorption of Iron and binding of cells Practical Element: Pastry making – Rough puff pastry	Nutrition: Micro Nutrients Functions of: - Calcium; bones strength - Iron; Blood oxygenation - Sodium; water levels in body and muscle activity - Fluoride; tooth enamel - Phosphorus; bones and teeth Practical Element: Rolling and shaping techniques – Sausage Rolls	Nutrition: Eatwell guide and requirements of specific groups. Discuss the Eatwell guide and the messages that are represented for a healthy lifestyle. Discuss the differing nutritional requirements of age groups. Practical Element: Shaping – Biscuit making	Nutrition: Special Diets for differing medical conditions - Vegetarian - Vegan Lacto vegetarian - Lacto-Ovo vegetarian - Gluten free - Lactose free - High Fibre - Low sugar - Fat reduced - Low (sodium) salt Practical Element: Decoration techniques: Piping and spreading – Decorating Biscuits	Nutrition: Impact of cooking techniques on Nutritional Intake (positives and Negatives). - Boiling loss of vitamins - Steaming loss of vitamin C - Poaching; Loss of B vitamins - Baking; Coagulation of proteins - Grilling: loss of fat content - Stir-frying; reduced fat - Roasting; Destroy most water based vitamins Practical Element: Decoration techniques: Piping and spreading – Decorating Biscuits
Knowledge & Skills development	Function of ingredients Eat well guide Special diets The impact on cooking techniques on nutrition					
Assessment / Feedback Opportunities	Cold calling to check for understanding. Visual check on note taking. Verbal formative and summative feedback.					
Key Vocabulary	Function, macro nutrients, micronutrients					

Literacy/Reading opportunities	Reading research on Hospitality and Catering sectors and organisations.
Cross curricular themes	Science – growth and repair Maths – weighing and measuring
Personal Development (including British values, RSE, Citizenship)	Patience and tolerance of others whilst following social distancing rules. Career opportunities that are available to diligent pupils. Pupils develop understanding of Hospitality and Catering sectors and roles involved.
Careers	Hospitality and Catering establishments, Food industry and Supermarket industry