

Share Multi Academy Trust

Curriculum Planning Template

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| Subject: Food Science and Nutrition – Unit 1 Meeting the Nutritional Needs of Specific Groups |  | Year 12 |  | Ability MA |  |

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| Term / Date(s) | Half-term 1  | Half-term 2  | Half-term 3  | Half-term 4 |
| Topic:  | **Unit 1 LO3 Understand the relationship between nutrients and the Human Body**  **( learning Objectives 2,3,5 & 6)** | **Unit 1: LO1: Understand the importance of food safety (Learning Objectives 1,5,6)** |  |  |
| Topic overviewPupils will learn… | Core skills for Level 3 practical sessions. **Looking at different cooking methods and the function of ingredients.** **To understand the relationship between nutrients and the human body.** | Micro organisms and food safety. Understanding food safety and hygiene. Learning about the causes of food spoilage and food poisoning, the foods which are most likely to cause food Poisoning and the implications it has for consumers and businesses. |  |  |
| Components | All students will be safe working in a practical environment.**L05/6** To be able to plan production of complex dishes and be able to cook complex dishes* Puff pastry – Tarte Tatin
* Strudel pastry – seafood/fruit strudel
* Filo pastry – filo tartlet canapes, filo pie
* Choux pastry – cheese aigrettes (deep fried) choux buns
* Hot water crust pastry – Pork Pie
* Enriched short pastry – Tarte au citron, Glazed fruit flan, fruit pie
* Enriched short pastry savoury – individual savoury quiches, canapes, pasties

To learn how to make.* Puff pastry
* Strudel pastry
* Filo pastry
* Choux pastry
* Hot water crust pastry
* Enriched short pastry
* Enriched short pastry (savoury)

**Understand the relationship between nutrients and the human body.****AC3:1** To be able to describe the functions of nutrients in the human body, (growth, development, energy and regulating metabolism. **AC3:2** To be able to explain the characteristics of unsatisfactory nutritional intake, visible and nonvisible and nutritional deficiencies.**AC3.3** To be able to analyse the nutritional needs of different groups, different life stages, childhood, adulthood, female and pre/postnatal and pre- and post-menopausal, male and the elderly.Type 1 and type 2 diabetes, anaemia, hypercholesterolemia, lactose intolerance, coeliac disease. Cultural and religious beliefs, lifestyle choices e.g. Vegetarians and Vegans.To be able to adapt recipes to suit different needs.**Unit 1 LO2** To understand the properties of nutrients.**AC2.1 –** To be able to explain how nutrients are structured, proteins, lipids, carbohydrates, minerals and vitamins.**AC2.2** To classify the nutrients in foods biological value, glycaemic value nutrient density sources of nutrients, complimentary actions of nutrients.**AC2.3** To be able to assess the impact of food production methods on nutritional value (cooking methods, packaging, storage methods, preservation methods, fortification of foods.**Unit 1- L05/6** To be able to plan production of complex dishes and be able to cook complex dishes | **Unit 1 LO5/6** Be able to plan production of complex dishes. Mini briefs for specific individuals, this should help towards Section C for U1 exam.Understanding the importance of Food Safety.* AC1.1 Explain how individuals can take responsibility for food safety (employers and employees)
* AC1.2 Explain methods used by food handlers to keep themselves clean and hygienic (personal hygiene and protective clothing),
* AC1.3 Explain methods used to keep work areas clean and hygienic (waste disposal signage and kitchen design).
* AC1:4 Analyse risks associated with food safety (risks cause: bacteria, food spoilage, high risk foods, contamination allergens. Risk implications to consumers and business)
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