

Subject: Subject: Food Technology

Year group: 10

Independent Learning Termly plan – Spring

| Week commencing | Topic area | Task description/link | Due date | Recovery curriculum ragging (KS4+5) |
|-----------------|---|--|----------|-------------------------------------|
| | <p>Understand how hospitality and catering provision meets health and safety requirements</p> <ul style="list-style-type: none"> identify risks to personal safety in hospitality and catering recommend personal safety control measures for hospitality and catering provision | <p>http://www.bbc.co.uk/schools/gcsebitesize/design/foodtech/ https://getrevising.co.uk https://www.s-cool.co.uk/gcse/food-technology</p> | | |
| | <p>Describe the importance of nutrients for specific groups.</p> | <ul style="list-style-type: none"> Making a poster to do with food poisoning and bacteria. You must label all types of bacteria on your poster explaining what could happen if you were contaminated with the bacteria and where would you find it. Exam question “describe the roles and responsibilities of and EHO” (6) | | |
| | <p>Plan balanced diets- recommended guidelines, identify nutritional needs</p> | <ul style="list-style-type: none"> Create a diagram of the eat well guide making sure to include examples of dishes from the food groups. Understand the diseases caused by incorrect diet- type 2 diabetes, iron deficiency, cardio-vascular disease and nut and dairy intolerances. <p>Create a mind map identifying the recommended guidelines for intake of particular food groups. Now cover this up and see if this can be repeated.</p> | | |

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| | Plan production of dishes for a menu | <ul style="list-style-type: none"> • Create a time plan for a two course meal of your choice make sure you have the three column's needed (time, method and special considerations) • Think about the mise-en-place, cooking, cooling and serving. | | |
| | Assure quality of commodities to be used in food preparation | Revise the techniques used when checking is foods are out of date. Remember the FIFO rule (first in first out for stock rotation) | | |
| Half Term | | | | |
| | Cooking and preparation- prep and cooking techniques | <ul style="list-style-type: none"> • Write down on a sheet of paper as many cutting techniques as you can. Draw pictures to go along side this so it's more visual and will make you remember. • Now cover this up and see if you can copy it. • Also will be completed during our coursework | | |
| | Question a day Homework | • Students are to complete an exam question a day (Sheet will be set on teams) this will be monthly | | |
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