**Long Term Plan** Subject: *Food Prep and Nutrition* Year: *10*

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| **Term** | **Topic (s)** | **Assessed Work** | **Additional details** |
| Term 1 a(\_weeks) | Fats and Oils* Nutrition / skills / food science

Carbohydrates* Nutrition / skills / food science
 | Exercise bookIndividual pastry practicalEnd of unit testIndividual bread practical |  |
| Term 1 b(\_weeks) | Carbohydrates* Nutrition / skills / food science continued

Fruit and vegetables* Nutrition / skills / food science
 | Exercise bookIndividual fresh pasta practicalEnd of unit testExercise book |  |
| Term 2 a(\_weeks) | Fruit and vegetables* Nutrition / skills / food science continued

Protein* Nutrition / skills / food science
 | Individual 5 a day practicalEnd of unit testExercise book |  |
| Term 2 b(\_weeks) | Protein* Nutrition / skills / food science continued
 | Individual meat, fish and alternatives practicalEnd of unit testExercise book |  |
| Term 3 a(\_weeks) | Food preparation project | Assessed project including practical assessment  |  |
| Term 3 b(\_weeks) | Preparation for mock | Walking talking mockMock |  |

Notes: This is a new GCSE so a work in progress