**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 book  Individual pastry practical  End of unit test  Individual bread practical |  |
| Term 1 b  (\_weeks) | Carbohydrates   * Nutrition / skills / food science continued   Fruit and vegetables   * Nutrition / skills / food science | Exercise book  Individual fresh pasta practical  End of unit test  Exercise book |  |
| Term 2 a  (\_weeks) | Fruit and vegetables   * Nutrition / skills / food science continued   Protein   * Nutrition / skills / food science | Individual 5 a day practical  End of unit test  Exercise book |  |
| Term 2 b  (\_weeks) | Protein   * Nutrition / skills / food science continued | Individual meat, fish and alternatives practical  End of unit test  Exercise book |  |
| Term 3 a  (\_weeks) | Food preparation project | Assessed project including practical assessment |  |
| Term 3 b  (\_weeks) | Preparation for mock | Walking talking mock  Mock |  |

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