

Week beginning 26 <sup>th</sup> September	Topics	Essential revision	Optional task	Complete
26 <sup>th</sup> September	Revision Lesson (why we cook foods & nutrition )	<p>Use the GCSE Food Preparation and Nutrition revision guide to revise why we cook and heat transfer.</p> <p>Exam questions changing properties of proteins, carbohydrates fats and oils.</p> <p>Use teams to download revision materials related to macronutrients, micronutrients, meal planning, choices, manufacturing and industrial processes.</p>	<p>Understanding Macronutrients <a href="https://www.bbc.co.uk/bitesize/guides/znnqghv/video">https://www.bbc.co.uk/bitesize/guides/znnqghv/video</a></p> <p>Understanding Micronutrients <a href="https://www.bbc.co.uk/bitesize/guides/zpt33k7/video">https://www.bbc.co.uk/bitesize/guides/zpt33k7/video</a></p> <p>Watch the video of the science behind carbohydrates <a href="https://www.youtube.com/watch?v=z1NiKVSAItY">https://www.youtube.com/watch?v=z1NiKVSAItY</a></p> <p>The science behind fats. <a href="https://www.youtube.com/watch?v=9oKPV_c-ug8">https://www.youtube.com/watch?v=9oKPV_c-ug8</a></p> <p>The science behind vitamins and minerals</p>	
3 <sup>rd</sup> October	Diet and Health	<p>Click on the link to watch the videos listed below remember to take notes:</p> <p>The science of hydration <a href="https://www.youtube.com/watch?v=u2Gk1VLeCF4">https://www.youtube.com/watch?v=u2Gk1VLeCF4</a></p> <p>BBC Bite size – preparing food <a href="https://www.bbc.co.uk/teach/class-clips-video/design-tech-ks4/zry76v4">https://www.bbc.co.uk/teach/class-clips-video/design-tech-ks4/zry76v4</a></p> <p>Eight tips for healthy eating <a href="https://www.bbc.co.uk/teach/class-clips-video/design-tech-ks4/zby76v4">https://www.bbc.co.uk/teach/class-clips-video/design-tech-ks4/zby76v4</a></p>	<p>GCSE Food Preparation and Nutrition revision guide – revise diet related healthy problems. Download YR11 Exam practice questions on Teams:</p> <p>food related diseases, understanding your BM1, Define the acronyms of nutrient requirements Calculating energy values</p>	

2 <sup>nd</sup> May	Topics	Essential Revision Tasks	Optional tasks	complete
10 <sup>th</sup> October	<p>Vegetarian and vegan diets – alternative diets how to maintain good health.</p> <p>Methods of preservation</p>	<p>Plant based diets- what does it mean. Use the link below to explore alternative diets.  <a href="https://www.heartfoundation.org.nz/wellbeing/healthy-eating/nutrition-facts/plant-based-vegetarian-vegan-diets">https://www.heartfoundation.org.nz/wellbeing/healthy-eating/nutrition-facts/plant-based-vegetarian-vegan-diets</a></p> <p>The vegan diet –NHS  <a href="https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/the-vegan-diet/">https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/the-vegan-diet/</a></p> <p>Use the link below to revise methods of preservation  <a href="https://resource.download.wjec.co.uk/vtc/2015-16/15-16_09/eng/fruit_and_veg/preservation/index.html">https://resource.download.wjec.co.uk/vtc/2015-16/15-16_09/eng/fruit_and_veg/preservation/index.html</a></p>	<p>Download exam practice questions found on teams: Alternative diet.            Watch the video            Sensory perception and food choices.  <a href="https://www.youtube.com/watch?v=zNchJla7G0E&amp;list=PLcvEcrsF_9zL5XSaK7PiRn2oIL7RjQKL1&amp;index=26">https://www.youtube.com/watch?v=zNchJla7G0E&amp;list=PLcvEcrsF_9zL5XSaK7PiRn2oIL7RjQKL1&amp;index=26</a></p> <p>Healthier cooking  <a href="https://www.youtube.com/watch?v=fiFi-d0RwKo&amp;list=PLcvEcrsF_9zL5XSaK7PiRn2oIL7RjQKL1&amp;index=21">https://www.youtube.com/watch?v=fiFi-d0RwKo&amp;list=PLcvEcrsF_9zL5XSaK7PiRn2oIL7RjQKL1&amp;index=21</a></p>	
17 <sup>th</sup> October	<p>Food waste, the environment and sustainability</p>	<p>Using the GCSE revision guide. Answer the exam questions.</p> <ul style="list-style-type: none"> <li>• Waste food and packaging</li> <li>• Food miles and carbon footprint</li> <li>• Global food production</li> </ul>	<p>Click on the link for practical action- where you will find resources on sustainability, farming, food miles and the carbon footprint.  <a href="https://practicalaction.org/schools/?taxCat=food-and-sustainability">https://practicalaction.org/schools/?taxCat=food-and-sustainability</a></p>	
21 <sup>st</sup> October	<p>Revising Meat, poultry and fish</p>	<p>Use the link below to research cut of meat and poultry  <a href="https://resource.download.wjec.co.uk/vtc/2015-16/15-16_09/eng/meat/ACTIVITY%209/index.html">https://resource.download.wjec.co.uk/vtc/2015-16/15-16_09/eng/meat/ACTIVITY%209/index.html</a></p> <p>Use the link below to research and revise seafood and fish  <a href="https://resource.download.wjec.co.uk/vtc/2015-16/15-16_09/eng/meat/ACTIVITY%209/index.html">https://resource.download.wjec.co.uk/vtc/2015-16/15-16_09/eng/meat/ACTIVITY%209/index.html</a></p>	<p>Use the link below to download the PDF on the structure and composition of meat and poultry  <a href="https://resource.download.wjec.co.uk/vtc/2015-16/15-16_09/eng/pdf/meat/meat_background_notes.pdf">https://resource.download.wjec.co.uk/vtc/2015-16/15-16_09/eng/pdf/meat/meat_background_notes.pdf</a></p> <p>How to tenderise meat products  <a href="https://resource.download.wjec.co.uk/vtc/2015-16/15-16_09/eng/pdf/meat/meat_investigation.pdf">https://resource.download.wjec.co.uk/vtc/2015-16/15-16_09/eng/pdf/meat/meat_investigation.pdf</a></p> <p>Download revision tool on teams – revising meats.</p>	