Holy Family Catholic School – Faculty of Maths – **Food Technology** Autumn Half-Term 2 Year 11

Learning Intention	Vocab	Concept	Retrieval	Success Criteria	Hinge Questions for this lesson	Red Zone
Week 9 Lesson 1 **Fish** **Part1**	Choice Sustainability Nutrition	Food commodities	Choice Sustainability Nutrition	**I can describe** the choice of fish available to consumers **I can explain** the nutritional value of fish **I can identify** the composition of fish	Which of the following is a key nutritional benefit of fish? A) High in carbohydrates B) Rich in omega-3 fatty acids C) Contains large amounts of vitamin K D) Low in protein	Complete the worksheet
Lesson 2 **Fish** **Part 2**	Sustainability Nutrition Storing Preparing	Food commodities	Sustainability Nutrition Storing Preparing	**I can describe** things to consider when buying fish **I can explain** the storage of fish **I can identify** preparation methods for fish	What is the best way to store fresh fish? A) At room temperature in a sealed bag B) In the freezer without wrapping C) In the fridge on a plate covered with cling film D) In a warm cupboard	Complete the worksheet
Week 10 Lesson 3 **Eggs** **Part1**	Choice Assurance Sizing Quality	Food commodities	Choice Assurance Sizing Quality	**I can explain** the concept of assurance **I can describe** the process of sizing eggs **I can identify** factors in egg quality	What does the term “egg assurance” usually refer to? A) The size of the egg B) The quality and welfare standards of production C) The colour of the shell D) The cooking method	Complete the worksheet

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Lesson 4 **Practical learning**	Timing Temperature Focus Methods Techniques Evaluate	Applied cooking skills	Timing Temperature Focus Methods Techniques Evaluate	**I can describe** the skills and techniques I am using **I can explain** my choice of ingredients, equipment, and methods. **I can identify** ways to improve my practical work	Why is it important to monitor cooking temperature during practical tasks? A) To make food look attractive B) To ensure food cooks safely and evenly C) To reduce washing up D) To speed up preparation	
Lesson 5 **NEA investigations**	Non exam assessments, briefs	How to satisfy NEA requirements	Food design briefs	**I can understand** a design brief. **I can interpret** the requirements. **I can complete** the brief.	What is the first step when working on a design brief? A) Start cooking immediately B) Interpret the requirements carefully C) Ignore the brief and use your own ideas D) Choose the cheapest ingredients	Produce the required paperwork independently as per **eduqas** guidelines

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Week 11 Lesson 6 **Eggs** **Part 2**	Calorific Usage Separation Function Storage	Food commodities	Calorific Usage Separation Function Storage	**I can explain** the concept of calorific values **I can describe** the different uses of eggs **I can identify** correct ways to store eggs	Which part of the egg is highest in protein? A) Shell B) Yolk C) White D) Membrane	Complete the worksheet
Lesson 7 **NEA Investigations**	Nutrition, data, data analysis	How to satisfy NEA requirement	Data, nutrition, nutrition analysis	**I can describe** a nutritional analysis **I can analyse** nutritional data	What is the main purpose of a nutritional analysis in NEA tasks? A) To check the cost of ingredients B) To evaluate the health value of a dish C) To decide cooking time D) To choose the best presentation style	Produce the required paperwork independently as per **eduqas** guidelines
Week 12 Lesson 8 **Practical learning**	Timing Temperature Focus Methods Techniques Evaluate	Applied cooking skills	Timing Temperature Focus Methods Techniques Evaluate	**I can describe** the skills and techniques I am using **I can explain** my choice of ingredients, equipment, and methods. **I can identify** ways to improve my practical work	Which factor is most important for successful baking? A) Using cold ovens B) Accurate timing and temperature control C) Adding extra salt D) Mixing ingredients randomly	

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Lesson 9 **NEA Investigations**	Investigation, characteristic functional and chemical properties,	Research and investigation	Investigation, characteristic functional and chemical properties,	**I can describe** working characteristics **I can explain** functional and chemical properties **I can identify** how to analyse and evaluate	What does "functional properties" of ingredients refer to? A) How ingredients look on a plate B) How ingredients behave during cooking C) The cost of ingredients D) The packaging of ingredients	Produce the required paperwork independently as per **eduqas** guidelines
Lesson 10 **Practical learning**	Timing Temperature Focus Methods Techniques Evaluate	Applied cooking skills	Timing Temperature Focus Methods Techniques Evaluate	**I can describe** the skills and techniques I am using **I can explain** my choice of ingredients, equipment, and methods. **I can identify** ways to improve my practical work	What should you do first if you notice your sauce is burning? A) Add more salt B) Lower the heat immediately C) Leave it to cook longer D) Stir less often	

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Week 13 Lesson 11 **NEA Investigations**	Non exam assessment briefs	How to satisfy NEA requirement	Food design briefs	**I can understand** a design brief **I can interpret** the requirements **I can complete** the brief	Why is it important to interpret a design brief correctly? A) To avoid unnecessary washing up B) To meet the assessment requirements C) To reduce cooking time D) To make the dish taste sweeter	Produce the required paperwork independently as per eduqaas guidelines
Lesson 12 **Seeds and oils**	Seeds Oils Nutrition Processing Legumes Soya	Food commodities	Seeds Oils Nutrition Processing Legumes Soya	**I can describe** the nutritional value of different seeds and oils, **I can explain** how seeds and oils are used in food preparation **I can identify** examples of seeds and oils	Which of these is an example of an oil commonly used in cooking? A) Sunflower oil B) Almond milk C) Wheat flour D) Lentil paste	Complete the worksheet

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Week 14 Lesson 13 **NEA investigations**	Investigate, research, explore	How to satisfy NEA requirements	Tables, graphs, results	**I can collate** results **I can analyse** results **I can draw** conclusions from results data	Why is it important to present results in tables and graphs? A) To make the report look colourful B) To clearly show patterns and trends C) To avoid writing any text D) To reduce the number of ingredients used	Produce the required paperwork independently as per eduqaas guidelines
Lesson 14 **Fats**	Temperature Lard Ghee Butter Labelling Shortening		Temperature Lard Ghee Butter Labelling Shortening	**I can describe** the different types of fats, **I can explain** the functions of fats in the diet, **I can identify** food sources of fats and link them to their uses in cooking	Which of these is a saturated fat? A) Olive oil B) Butter C) Sunflower oil D) Rapeseed oil	Complete the worksheet

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Lesson 15 **Practical learning**	Timing Temperature Focus Methods Techniques Evaluate	Applied cooking skills	Timing Temperature Focus Methods Techniques Evaluate	**I can describe** the skills and techniques I am using **I can explain** my choice of ingredients, equipment, and methods. **I can identify** ways to improve my practical work	Why should you plan your cooking steps before starting? A) To impress the teacher B) To work efficiently and avoid mistakes C) To make the dish taste sweeter D) To reduce washing up	
Week 15 Lesson 16 **Oils**	Varieties Vegetable Monosaturated Polyunsaturated Properties	Food commodities	Varieties Vegetable Monosaturated Polyunsaturated Properties	**I can describe** the different types of oils **I can explain** how oils are used in food preparation and cooking **I can identify** common oils and match them to their typical uses	Which oil is high in monounsaturated fats? A) Olive oil B) Coconut oil C) Palm oil D) Butter	Complete the worksheet

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Lesson 17 **Practical learning**	Timing Temperature Focus Methods Techniques Evaluate	Applied cooking skills	Timing Temperature Focus Methods Techniques Evaluate	**I can describe** the skills and techniques I am using **I can explain** my choice of ingredients, equipment, and methods. **I can identify** ways to improve my practical work	What is the best way to improve your practical cooking skills? A) Avoid feedback B) Reflect on your performance and make changes C) Repeat the same mistakes D) Focus only on speed	Produce the required paperwork independently as per eduqaas guidelines