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| **w/b** | **In-School Learning** | **Blended Learning** (GCSEPod and Oak National Academy) |  | **Approx. completion time** |
| 7/9 | Safety contract  Setting the scene for Food  Baseline test | Working through the Year 7 booklet – same as in school learning |  | 1 hr 40 mins |
| 14/9 | Kitchen rules  Hazards  Washing up | Kitchen safety rules  List all the hazards in the picture and reasons for choices  Complete washing up order page |  | 1 hr 40 mins |
| 21/9 | Bacteria  Equipment and uses | Bacteria bites video  [www.youtube.com/watch?v=nkVY08aqC28](http://www.youtube.com/watch?v=nkVY08aqC28)  Complete the questions on bacteria  Complete uses of equipment page |  | 1 hr 40 mins |
| 28/9 | Government 8 healthy guidelines  Eat Well Guide  Write a letter/or create a poem, to explain to a primary school pupil the Eat Well Guide and guide lines | Complete the table on the 8 guidelines, explain in detail why it is important  Complete the Eat Well Guide image. Look at: [www.nhs.uk/live-well/eat-well/the-eatwell-guide/](http://www.nhs.uk/live-well/eat-well/the-eatwell-guide/) | Write a letter/or create a poem, to explain to a primary school pupil the Eat Well Guide and guidelines. Get someone to assess this work and fill in assessment sheet | 1 hr 40 mins |
| 5/10 | Nutrients  Carbohydrates | [**www.foodafactoflife.org.uk/7-11-years/healthy-eating/nutrients/**](http://www.foodafactoflife.org.uk/7-11-years/healthy-eating/nutrients/)  **Watch the power point presentation and write each of the 5 nutrients on each finger of your drawn hand – see page in booklet** | [www.nhs.uk/live-well/healthy-weight/why-we-need-to-eat-carbs/](http://www.nhs.uk/live-well/healthy-weight/why-we-need-to-eat-carbs/)  Complete task in booklet on poster/leaflet on carbohydrates | 1 hr 40 mins |
| 12/10 | Proteins  Fats | [**www.nutrition.org.uk/nutritionscience/nutrients-food-and-ingredients/protein.html**](http://www.nutrition.org.uk/nutritionscience/nutrients-food-and-ingredients/protein.html)  **Complete the page on proteins**  [**www.nhs.uk/live-well/eat-well/different-fats-nutrition/**](http://www.nhs.uk/live-well/eat-well/different-fats-nutrition/)  **complete pages on fats, including the fat swap challenge & unsaturated fats pages** |  | ~ 1 hr 40 mins |
| 19/10 | Vitamins and minerals  Seasonality  End of unit theory test | [www.nhs.uk/conditions/vitamins-and-minerals](http://www.nhs.uk/conditions/vitamins-and-minerals)  complete 2 pages  complete the end of unit test |  | 1 hr 40 mins |