

<b>Year 7</b>			
<b>w/b</b>	<b>In-School Learning</b>	<b>Blended Learning (GCSEPod)</b>	<b>Approx. completion time</b>
14/6	General practical skills and using a knife safety	<b>GCSEPod</b> General practical skills <a href="https://members.gcsepod.com/shared/podcasts/title/12564/77179">https://members.gcsepod.com/shared/podcasts/title/12564/77179</a>  <a href="https://members.gcsepod.com/shared/podcasts/title/12565/77182">https://members.gcsepod.com/shared/podcasts/title/12565/77182</a>	One hour
21/6	Preparing fruit and vegetables. Using equipment	GCSEPod <a href="https://members.gcsepod.com/shared/podcasts/title/12566/77183">https://members.gcsepod.com/shared/podcasts/title/12566/77183</a> <a href="https://members.gcsepod.com/shared/podcasts/title/12569/77232">https://members.gcsepod.com/shared/podcasts/title/12569/77232</a>	One hour
28/6	General practical skills and using a knife safely	<b>GCSEPod</b> General practical skills <a href="https://members.gcsepod.com/shared/podcasts/title/12564/77179">https://members.gcsepod.com/shared/podcasts/title/12564/77179</a>  <a href="https://members.gcsepod.com/shared/podcasts/title/12565/77182">https://members.gcsepod.com/shared/podcasts/title/12565/77182</a>	One hour
5/7	Preparing fruit and vegetables. Using equipment	GCSEPod <a href="https://members.gcsepod.com/shared/podcasts/title/12566/77183">https://members.gcsepod.com/shared/podcasts/title/12566/77183</a> <a href="https://members.gcsepod.com/shared/podcasts/title/12569/77232">https://members.gcsepod.com/shared/podcasts/title/12569/77232</a>	One hour
12/7	Nutritional needs and health	GCSEPod Making informed choices for a balanced diet part 1, 2 & 3  <a href="https://members.gcsepod.com/shared/podcasts/title/12387/76284">https://members.gcsepod.com/shared/podcasts/title/12387/76284</a> <a href="https://members.gcsepod.com/shared/podcasts/title/12387/76285">https://members.gcsepod.com/shared/podcasts/title/12387/76285</a> <a href="https://members.gcsepod.com/shared/podcasts/title/12387/76286">https://members.gcsepod.com/shared/podcasts/title/12387/76286</a>	One hour
19/7	Energy required for the body	<b>GCSEPod</b> <b>Energy needs</b> <a href="https://members.gcsepod.com/shared/podcasts/title/12387/76287">https://members.gcsepod.com/shared/podcasts/title/12387/76287</a>	One hour

<b>Year 8 Food</b>			
<b>w/b</b>	<b>In-School Learning</b>	<b>Blended Learning (GCSEPod)</b>	<b>Approx. completion time</b>
14/6	Nutritional needs and health	GCSEPod Making informed choices for a balanced diet part 1, 2 & 3  <a href="https://members.gcsepod.com/shared/podcasts/title/12387/76284">https://members.gcsepod.com/shared/podcasts/title/12387/76284</a> <a href="https://members.gcsepod.com/shared/podcasts/title/12387/76285">https://members.gcsepod.com/shared/podcasts/title/12387/76285</a> <a href="https://members.gcsepod.com/shared/podcasts/title/12387/76286">https://members.gcsepod.com/shared/podcasts/title/12387/76286</a>	One hour
21/6	Energy required for the body	<b>GCSEPod</b> <b>Energy needs</b> <a href="https://members.gcsepod.com/shared/podcasts/title/12387/76287">https://members.gcsepod.com/shared/podcasts/title/12387/76287</a>	One hour
28/6	Nutritional needs and health	GCSEPod Making informed choices for a balanced diet part 1, 2 & 3  <a href="https://members.gcsepod.com/shared/podcasts/title/12387/76284">https://members.gcsepod.com/shared/podcasts/title/12387/76284</a> <a href="https://members.gcsepod.com/shared/podcasts/title/12387/76285">https://members.gcsepod.com/shared/podcasts/title/12387/76285</a> <a href="https://members.gcsepod.com/shared/podcasts/title/12387/76286">https://members.gcsepod.com/shared/podcasts/title/12387/76286</a>	One hour
5/7	Energy required for the body	<b>GCSEPod</b> <b>Energy needs</b> <a href="https://members.gcsepod.com/shared/podcasts/title/12387/76287">https://members.gcsepod.com/shared/podcasts/title/12387/76287</a>	One hour
12/7	Diet and nutrition linked to health issues	GCSEPod Diet, nutrition: cardiovascular disease, obesity, stroke <a href="https://members.gcsepod.com/shared/podcasts/title/12387/76289">https://members.gcsepod.com/shared/podcasts/title/12387/76289</a> Diet and health: Bone and dental health, anaemia, diabetes. <a href="https://members.gcsepod.com/shared/podcasts/title/12387/76290">https://members.gcsepod.com/shared/podcasts/title/12387/76290</a>	One hour
19/7	Getting ready to study food	GCSEPod Getting ready to study Food <a href="https://s3-eu-west-1.amazonaws.com/cdn.gcsepod.com/assets/uploaded/a9c32cf5-e328-4372-814c-b2460a28e340.pdf">https://s3-eu-west-1.amazonaws.com/cdn.gcsepod.com/assets/uploaded/a9c32cf5-e328-4372-814c-b2460a28e340.pdf</a> Work book and activities	One hour

<b>Year 9 GCSE Food</b>			
<b>w/b</b>	<b>In-School Learning</b>	<b>Blended Learning</b> (GCSEPod and NEA)	<b>Approx. completion time</b>
14/6	NEA1	Complete the 3 experiment write ups on raising agents. Make sure that all 3 have a comprehensive conclusion and evaluation	1 1/2 hours
21/6	NEA 1	Complete section C- Analysis and evaluation. Remember this is worth 9 marks so you will need to look at section A & B and bring all the information together and evaluate and justify your findings	1 1/2 hours
28/6	Macronutrients	GCSEPod Macronutrients – fat, protein and carbohydrates <a href="https://members.gcsepod.com/shared/podcasts/title/12330/75862">https://members.gcsepod.com/shared/podcasts/title/12330/75862</a>	1 1/2 hours
5/7	Micronutrients	GCSEPod Micronutrients – Fat soluble, water soluble, minerals – calcium, iron and sodium, minerals: iodine, phosphorus. Water <a href="https://members.gcsepod.com/shared/podcasts/title/12329/75857">https://members.gcsepod.com/shared/podcasts/title/12329/75857</a>	1 1/2 hours
12/7	Food Spoilage and contamination	GCSEPod Work through the 5 podcasts on bacteria etc. <a href="https://members.gcsepod.com/shared/podcasts/title/12561/77164">https://members.gcsepod.com/shared/podcasts/title/12561/77164</a>	1 1/2 hours
19/7	Principles of food safety	<b>GCSEPod</b> <b>Buying, storing and cooking food</b> <a href="https://members.gcsepod.com/shared/podcasts/title/12534/76971">https://members.gcsepod.com/shared/podcasts/title/12534/76971</a>	1 1/2 hours

<b>Year 10 GCSE Food</b>			
<b>w/b</b>	<b>In-School Learning</b>	<b>Blended Learning</b> (GCSEPod and Oak National Academy)	<b>Approx. completion time</b>
14/6	NEA 2	Write up all skill dishes. Make sure that you fully analysis the end products.	Two hours
21/6	Macronutrients	GCSEPod Marconutrients – fat, protein and carbohydrates <a href="https://members.gcsepod.com/shared/podcasts/title/12330/75862">https://members.gcsepod.com/shared/podcasts/title/12330/75862</a>	Two hours
28/6	NEA 2	Write up all skill dishes. Make sure that you fully analysis the end products.	Two hours
5/7	NEA2	Using illuminate AQA Food nutrition book read pages 318 to 320. The create a time plan for the production of 3 high skilled dishes developed from section B. Us the same format as in the book. Illuminate.digital/aqafood/ Sign on: OASIS3 Password: STUDENT3	Two hours
12/7	NEA2	Carry on using illuminate AQA Food nutrition book to complete the time plan for the production of 3 high skilled dishes developed from section B. Us the same format as in the book. Illuminate.digital/aqafood/ Sign on: OASIS3 Password: STUDENT3	Two hours
19/7	Food Spoilage and contamination	GCSEPod Work through the 5 podcasts on bacteria etc. <a href="https://members.gcsepod.com/shared/podcasts/title/12561/77164">https://members.gcsepod.com/shared/podcasts/title/12561/77164</a> <b>GCSEPod</b> <b>Buying, storing ad cooking food</b> <a href="https://members.gcsepod.com/shared/podcasts/title/12534/76971">https://members.gcsepod.com/shared/podcasts/title/12534/76971</a>	Two hours

<b>Year 11 GCSE Food</b>			
<b>w/b</b>	<b>In-School Learning</b>	<b>Blended Learning</b> (GCSEPod and Oak National Academy)	<b>Approx. completion time</b>
14/6	Macronutrients	GCSEPod Macronutrients – fat, protein and carbohydrates <a href="https://members.gcsepod.com/shared/podcasts/title/12330/75862">https://members.gcsepod.com/shared/podcasts/title/12330/75862</a>	2 hours