

Year 9			
Lesson	Knowledge Organiser	Independent Study (Description)	Independent Study (Link)
1	Section C - Food poisoning	Read section on food poisoning. Watch the video on BBC Bitesize and answer questions on food poisoning (see link for questions)	https://www.bbc.co.uk/bitesize/guides/z77v3k7/revision/2
2	Section E - Food storage	Read knowledge organiser and section from textbook. Answer quiz in Google forms. Create a mini handbook on critical temperatures for storage.	https://www.foodstandards.gov.scot/interactives/food-storage-fridge-or-cupboard#
3	Section D - Food spoilage	Read knowledge organiser and section from textbook. What are high risk foods? Find out more about high risk foods and how they should be handled. Make a checklist of at least 6 points for food handlers	https://www.illuminate.digital/eduqasfood/
4	Section A - Time plan	Read knowledge organiser and section from textbook. Answer quiz about writing a successful timeplan. Complete a timeplan for a recipe you have used.	https://www.illuminate.digital/eduqasfood/
5	Section B - Cooking methods	Read Knowledge organiser and answer kahoot quiz	https://www.illuminate.digital/eduqasfood/ https://www.bbc.co.uk/bitesize/guides/zdr8y9q/revision/1
6	Section B - cooking mehtods and effect of nutrition	Read Section B of knowledge organiser. Read pages from text book. Answer questions/quiz in Google Forms	

Year 10			
Lesson	Knowledge Organiser	Independent Study (Description)	Independent Study (Link)
1	Section A - Macronutrients and micronutrients	Revise section and watch video on BBC Bitesize regarding macronutrients and micronutrients and then test yourself on the quiz. Click on the Seneca link. Read the key information on 2.1.1 Protein, 2.1.3 Fats and oils and 2.1 and then complete the quiz for each section	https://www.bbc.co.uk/bitesize/guides/znnqghv/video
2	Section B - Vitamins and minerals	Revise sections on Vitamins and minerals in Knowledge organiser and on BBC bitesize. Click on the Seneca link. Read the key information on 2.2.1 Fat soluble vitamins, 2.2.2 Water soluble Vitamins, and 2.2.3 Minerals and answer the quiz for each section.	https://www.bbc.co.uk/bitesize/guides/zpt33k7/revision/5
3	Section C - Macronutrients: sources and functions	Log into Food e-textbook. Read pages 12-17 Complete exam questions in Google Forms.	https://www.bbc.co.uk/bitesize/guides/zpt33k7/revision/5
4	Section D - Micronutrients: sources and functions	Log into Food e-textbook. Read pages 12-17 Complete exam questions Seneca	
5	Section C and D - Nutrients excess and deficiency	Read knowledge organiser and Seneca (excess and deficiencies). Complete Google Forms quiz	
6	Food spoilage - Pathogenic bacteria	Log into Food e-textbook. Read pages 86-87. Watch video in links. Answer Question sheet in Google Forms	https://www.illuminate.digital/eduqasfood/

Year 11			
Lesson	Knowledge Organiser	Independent Study (Description)	Independent Study (Link)
1	Section A and C - Macronutrients	Read knowledge organiser. Use questions to complete indepth research on Macronutrients, learned so far. Complete using google forms. Assessment will be based on including a certain amount of key words and terms.	https://app.senecalearning.com/classroom/course/2dc03c41-fe59-4573-875c-7cf8b5320832
2	Section B and D - Micronutrients	Read knowledge organiser. Use questions to complete indepth research on micronutrients learned so far. Complete using google forms. Assessment will be based on including a certain amount of key words and terms.	https://app.senecalearning.com/classroom/course/2dc03c41-fe59-4573-875c-7cf8b5320832
3	Section C and D - Effects of Excess and deficiency	Read knowledge organiser. Create a revision clock of excess and deficiencies in the 7 nutrients. Use link from Seneca and questions in google forms for more in depth revision of macronutrients and micronutrients.	https://app.senecalearning.com/classroom/course/2dc03c41-fe59-4573-875c-7cf8b5320832/section/c46736cc-6995-4a07-8fc0-014d5b4dc985/session
4	Section E and F - Nutritional needs of dfferent groups	Read knowledge organiser. Watch video from BBC bitesize. Answer quiz in BBC bitesize. Use questions to support with research of nutritional needs of different groups. Compare two groups.	https://www.bbc.co.uk/bitesize/guides/z7yttv4/revision/1 https://www.bbc.co.uk/bitesize/guides/z7yttv4/video
5	Section G - Food intolerances and allergies (medical diets)	Read knowledge organisers and pages from text book. Complete activity - justifying why particular dishes are suitable and not suitable for various dietary needs and groups. Choose and adapt a 2 course menu suitable for a chosen need.	
6	Section G - Religious and ethical diets.	Read Section G of knowledge organiser and pages from text book. Read Section G of knowledge organiser and pages from text book. Revise and answer questions on BBC Bitesize. Complete Google forms quiz	https://www.bbc.co.uk/bitesize/guides/zdr8y9q/revision/2