

<p><b>This half term: Skills, Knowledge and Understanding to be developed:</b></p> <ul style="list-style-type: none"> <li><b>SKILLS:</b> Students will develop skills in preparing and cooking dishes using the commodities studying in theory lessons. They will continuously developing their practical skills throughout the course, ensuring they are producing them safely and hygienically.</li> <li><b>KNOWLEDGE:</b> Students will study the major commodity groups and reflect current recommended guidelines for a healthy diet. Their knowledge will be developed in macronutrients, specialising in protein and carbohydrates this half term. Students will explore the physical and chemical changes that occur to each commodity.</li> <li><b>UNDERSTANDING:</b> Students will understand the value of the commodity within the diet; features and characteristics of each commodity with reference to their correct storage to avoid food contamination; the origins of each commodity, to include an awareness of Welsh produce; the working characteristics of each commodity e.g. dry/moist methods of cooking.</li> </ul>		<p><b>Key Terms / Words:</b></p> <p>intrinsic and extrinsic sugars, fibre, fruit, vegetables, complementary actions, roux sauce, blended sauce, all-in-one method sauce, emulsion sauces, velouté sauce, béchamel sauce, water, micronutrients</p>	
<p><b>LP 3 – Week 1 Learning Outcomes:</b></p> <p><b>1. Students will..... Sugars</b></p> <ul style="list-style-type: none"> <li>* Know where sugar comes from</li> <li>* Know the different types of sugars</li> <li>* Understand the differences between intrinsic and extrinsic sugars</li> <li>* Know how to reduce sugar intake.</li> </ul> <p><b>2. Students will..... PRACTICAL</b></p> <ul style="list-style-type: none"> <li>* <b>PRACTICAL:</b> Quiche Lorraine</li> </ul>		<p><b>Success Criteria</b></p> <ul style="list-style-type: none"> <li>* Correctly identify the different types of sugars.</li> <li>* Explain the differences between intrinsic and extrinsic sugars.</li> <li>* Explain the importance of reducing our sugar intake.</li> <li>* To produce a Quiche Lorraine with a short crust pastry which is 'blind baked' and holds the filling with no leaks.</li> </ul>	<p><b>Homework LP3 1</b></p> <p>Homework:</p> <p><b>INGREDIENTS:</b> Buy, weigh and measure ingredients for their Soup</p> <p><small>Numeracy Framework.</small></p>
<p><b>LP 3 – Week 2 Learning Outcomes:</b></p> <p><b>1. Students will..... Fruit and Vegetables</b></p> <ul style="list-style-type: none"> <li>* Identify the different types of fruits and vegetables</li> <li>* Understand the function of fruits and vegetables in the diet</li> <li>* Know the correct storage of fruit and vegetables</li> </ul> <p><b>2. Students will..... PRACTICAL</b></p> <ul style="list-style-type: none"> <li>* <b>PRACTICAL:</b> Vegetable Soup</li> </ul> <p><b>3. Students will.... Water</b></p> <ul style="list-style-type: none"> <li>* Understand the importance of water in the diet.</li> <li>* Understand what will happen if we have too little water in our diet.</li> <li>* Understand what will happen if we have too much water in our diet.</li> </ul>		<p><b>Success Criteria:</b></p> <ul style="list-style-type: none"> <li>* Correctly identify the different types of fruits &amp; vegetables.</li> <li>* Detailed description of fruits &amp; vegetables within our diet.</li> <li>* Explain the storage of fruit &amp; vegetables in detail.</li> <li>* To produce a soup using developing their knife skills in using the bridge hold and claw grip, and slicing vegetables in a juliene, brunoise, batons and dice.</li> <li>* To correctly identify what happens when we have too much water or have too little water in the diet.</li> </ul>	<p><b>Homework LP3 2</b></p> <p>Homework:</p> <p><b>INGREDIENTS:</b> Buy, weigh and measure ingredients for their Lemon Meringue</p> <p><small>Numeracy Framework.</small></p>
<p><b>LP 3 – Week 3 Learning Outcomes:</b></p> <p><b>1. Students will..... Micronutrients: Fat-Soluble Vitamins</b></p> <ul style="list-style-type: none"> <li>* Describe what a micronutrient is.</li> <li>* Identify the fat-soluble vitamins.</li> <li>* Understand the importance of these vitamins in our diet.</li> </ul> <p><b>2. Students will..... PRACTICAL</b></p> <ul style="list-style-type: none"> <li>* <b>PRACTICAL:</b> Lemon Meringue Pie</li> </ul>	<p><b>Assessment</b> →</p> <p>Exam Questions: Fruit &amp; Vegetables</p> <p><b>Summative Attegiadwynt</b></p> <p><b>Grade:</b></p>	<p><b>Success Criteria:</b></p> <ul style="list-style-type: none"> <li>* Describe what a micronutrient is in detail.</li> <li>* Correctly identify fat-soluble vitamins.</li> <li>* Explain their importance in the diet and the consequences of too much.</li> <li>* To produce a lemon meringue pie, which has a rich pastry, a smooth thick lemon filling with a soft meringue topping.</li> </ul>	<p><b>Homework LP3 3</b></p> <p>Homework:</p> <p><b>INGREDIENTS:</b> Buy, weigh and measure ingredients for their Choux Pastry</p> <p><small>Numeracy Framework.</small></p>

<p><b>LP 3 – Week 4 Learning Outcomes:</b></p> <p><b>1. Students will..... Micronutrients: Water-Soluble Vitamins</b></p> <ul style="list-style-type: none"> <li>* Identify the water-soluble vitamins.</li> <li>* Understand the importance of these vitamins in our diet.</li> </ul> <p><b>2. Students will..... PRACTICAL</b></p> <ul style="list-style-type: none"> <li>* <b>PRACTICAL: Choux Pastry (Profiteroles)</b></li> </ul> <p><b>3. Students will..... Micronutrients: Minerals</b></p> <ul style="list-style-type: none"> <li>* Describe what both minerals and trace elements are.</li> <li>* Identify the minerals found in food.</li> <li>* Understand the importance of these minerals in our diet.</li> </ul>		<p><b>Success Criteria:</b></p> <ul style="list-style-type: none"> <li>* Correctly identify water-soluble vitamins.</li> <li>* Explain their importance in the diet and the consequences of too much.</li> <li>* To produce a choux pastry that has risen well, golden in colour and kept a crisp shell.</li> <li>* Identify the differences between minerals and trace minerals.</li> <li>* Correctly identify minerals found in food.</li> <li>* Explain their importance in the diet and the consequences of too much.</li> </ul>	<p><b>Homework LP3 4</b></p> <p>Homework:</p> <p>INGREDIENTS: Buy, weigh and measure ingredients for their Carrot Cake</p> <p><small>Numeracy Framework.</small></p>
<p><b>LP 3 – Week 5 Learning Outcomes:</b></p> <p><b>1. Students will..... Micronutrients: Trace Elements</b></p> <ul style="list-style-type: none"> <li>* Identify the trace elements found in food.</li> <li>* Understand the importance of these trace elements in our diet.</li> </ul> <p><b>2. Students will..... PRACTICAL</b></p> <ul style="list-style-type: none"> <li>* <b>PRACTICAL: Carrot Cake</b></li> </ul>		<p><b>Success Criteria:</b></p> <ul style="list-style-type: none"> <li>* Correctly identify trace elements found in food.</li> <li>* Explain their importance in the diet and the consequences of too much.</li> <li>* To produce a successful carrot cake, which has risen well and has a good flavour.</li> </ul>	<p><b>Homework LP3 5</b></p> <p>Homework:</p> <p>INGREDIENTS: Buy, weigh and measure ingredients for their Sweet and Sour Chicken</p> <p><small>Numeracy Framework.</small></p> <p>EXTENDED QUESTIONS: Vitamins and Minerals</p>