



Year 12 - Level 3 Applied Diploma in Food & Nutrition



TERM	Content
AUTUMN TERM	Introduction to the course/assessment
	Bridging Project Presentations
	<p>Unit 1 - Theory - Meeting the nutritional needs of specific groups.</p> <ul style="list-style-type: none"> • Classification of Nutrients • Micronutrients and Macronutrients • Balanced Diets • How nutrients are structured - <i>Proteins, Carbohydrates, Fats</i> • The function of nutrients - <i>Proteins, Carbohydrates, Fats</i> • Signs/Symptoms of deficiencies of nutrients - <i>Proteins, Carbohydrates, Fats</i> • Properties of nutrients when cooking - <i>Proteins, Carbohydrates, Fats</i> • Fibre • Digestion • HBV and LBV Proteins • Vegetarianism • Digestion • Energy Requirements • Athletes Nutritional Requirements • Vegetarianism • Sensory Testing • Food Labelling • Yeast • Food Allergies and Intolerances • Obesity • Diet Related Issues • Micronutrients • Nutritional needs of specific groups - <i>pregnancy, infancy, childhood, middle-aged, elderly</i> • Effects of different situations on nutritional needs • Water • Effects of processing and cooking on nutrients - <i>water-soluble and fat-soluble vitamins</i> • Food Preservation Part 1 - <i>Chilling, UHT, Pickling, Freezing, Salting, Pasturisation, Canning, Sugaring, Curing, Smoking</i>
<p>Unit 1 - Practical Tasks</p> <ul style="list-style-type: none"> • HBV Practical Dish • LBV Practical Dish • Filled Pasta • Function of Egg Practical Dish • Flakey/Puff Pastry Practical Dish • Eight-Strand Plaited Loaf • Egg Experiments • Choux Pastry Dish • Potato Accompaniments - <i>Dauphines, duchess, rosti, hasselback, fondant etc.</i> • Hollandaise • Mayonnaise • Black Forest Gateaux 	

	<ul style="list-style-type: none"> • Sticky Toffee Pudding • Food Intolerance eg. gluten-free, lactose-free, PKU etc. • Bechamel Sauce • Christmas Themed Practical <p>Unit 1 - Mock Coursework Task</p> <ul style="list-style-type: none"> - Research - Reasons for Choice - Order of Working - Mock Practical (2 dishes, 2 hours) - Evaluation <p>2 x Half Termly Assessments</p>
<p>SPRING TERM</p>	<p>Unit 1 - Theory - Meeting the nutritional needs of specific groups.</p> <ul style="list-style-type: none"> • Food Preservation 2 - drying, aseptic packaging, modified atmosphere packaging, vacuum packing. • Food Fortification • Functional Foods • Nutritional Values • Nutritional Labelling • Biological Value • Glycemic Index • Complementary Actions of Nutrients • HACCP • Food Safety - individuals, food safety risks, food handlers, work areas etc. • Food Spoilage • Bacteria - how they cause food poisoning, salmonella, e coli, listeria, staphylococcus, botulinum etc • Interpreting Complex Menus • Plan Production of Menus
	<p>Unit 1 - Practical Tasks</p> <ul style="list-style-type: none"> • Jam/Chutney • Food Dehydration • Trifle • Jointing Chicken • High risk ingredient practical • Segmenting Oranges • Jelly • Vegetable Cuts • Soup/Stir-fry • Presentation techniques • Shortbread • Coulis • Cheese/Chocolate Souffle • Cheesecake (gelatine set) • Free Choice • Enriched yeast dough eg focaccia • Pate sucee eg chocolate tart
	<p>Unit 1 NEA</p> <ul style="list-style-type: none"> - Task 1 - Select and justify suitable dishes to meet the nutritional needs and requirements of clients in the brief and showcase use of advanced preparation, cooking and presentation techniques. 4 ½ hours. - Task 2 - Prepare, cook and present a three course meal. 3 ½ hours - Task 3 - Attend an interview in order to further justify why dishes chosen are suitable. 1 ½ hours.
	<p>2 x Half Termly Assessments</p> <p>Unit 1 - Theory - Meeting the nutritional needs of specific groups.</p>

	<p><u>Revision for External Exam</u></p> <ul style="list-style-type: none"> • Exam technique practise - Section A and C • Exam Walk-Through
<p>SUMMER TERM</p>	<p><u>Unit 1 - Theory</u> - Meeting the nutritional needs of specific groups.</p> <p><u>Revision for External Exam</u></p>
	<p><u>Mini Project Independent Project 1 - Food Trends</u></p> <ul style="list-style-type: none"> - Task 1 - Mindmap initial thoughts for chosen trend. - Task 2 - Introduction to the task. - Task 3 - Hypothesis. - Task 4 - Plan of action. - Task 5 - Research. - Task 6 - Investigate how key food industry stake holders have responded to the issue. - Task 7 - Practical ideas and reasons for the dishes you plan to make. - Task 8 - Prepare, cook and present chosen dish(es). - Task 9 - Evaluation. - Task 10 - Conclusion..
	<p><u>Mini Project Independent Project 2 - Experimenting to Solve Food Production Problems</u></p> <ul style="list-style-type: none"> - Task 1 - Researching and Planning the task - Task 2 - Investigating the task - Task 3 - Analysing and Evaluating the investigation