

Food Technology Curriculum Map - Year 11

Term	Units of Study	Curriculum Guidelines	NC –Aims / Focus Points
Autumn	<p>Unit 3 – Exploring Balanced Diets</p> <p>Through this unit students will:</p> <ul style="list-style-type: none"> ○ Explore a range of meals prepared for specific dietary needs ○ Combine a variety of ingredients and test they meet specific dietary needs ○ Understand how food diaries are used and be able to make recommendations on improving diets. 	<ul style="list-style-type: none"> ○ Understand the importance of a balanced diet ○ Be able to change recipes to make them healthier 	<p>1.1 Explain what is meant by a balanced diet</p> <p>1.2 Describe the nutrients that make up a balanced diet</p> <p>1.3 Explain nutrient requirements for different groups of people</p> <p>1.4 Explain healthy eating advice</p> <p>1.5 Explain how Nutritional information on food labels can inform healthy eating</p> <p>1.6 Assess a food diary and make recommendations</p> <p>2.1 Assess a recipe in terms of its contribution to healthy eating</p> <p>2.2 Explain how the recipe could be changed to make the finished dish healthier</p> <p>2.3 Describe other factors that could affect the finished dish</p> <ul style="list-style-type: none"> ○
Spring	Exam Preparation		
Summer			

Notes			