



Remote Learning –

Preparation work for September 2020

Lesson Instructions for learning at home

Date	1.6.20	
Subject	FOOD PREPARATION AND NUTRITION	
Period	Weekly task	
Class	9 transition into 10	
Title and objective of the project:	SECTION A Diet and good Health and Practical planning and skill practice.	
Instructions and tasks for the completion of the project:	This work aims to prepare you for the start of your next academic year. By completing this work, you will be well prepared for September. Below is an outline of what you will be expected to complete each week:	
	Week 1 (01.06.20-05.06.20)	Task 1: 1. Diet and good Health
	Week 2 (08.06.20-12.06.20)	Task 2: Complimentary Nutrients
	Week 3 (15.06.20-19.06.20)	Task 3: Nutritional needs throughout life – Life stages
	Week 4 (22.06.20-26.06.20)	Task 4 : Specific Dietary needs through life stage- religion medical
	Week 5 (29.06.20-03.07.20)	Task 5: Lifestyle choices and state of health changes nutritional needs
	Week 6 (06.07.20-10.07.20)	Task 6: Calculate energy values and nutritional values of recipes ,meals and
	Week 7 (13.07.20-17.07.20)	Task 7: Using current guidelines to plan balanced diets for a range of individuals
	Plans for feedback and submission of work:	At the end of each week you need to submit evidence of your work in any of the following formats: <ul style="list-style-type: none"> • Completed Learning Log • Photograph • Short email with class teacher • Example of Power Point, word document ect.

