

Subject: Food Nutrition and Preparation**Class: YR 11**

Day	Lesson Topic
<i>Week 16</i>	
Lesson 1	Theory-Macro Nutrients Proteins in the diet –Functions and Food Sources
Lesson 2	Theory- Macro Nutrients Proteins in the diet- HVB and LBV proteins
Lesson 3	Theory- Macro Nutrients- Carbohydrates in the diet
<i>Week 17</i>	
Lesson 1	Theory- Micro Nutrients- Fats in the diet
Lesson 2	Theory- Micro Nutrients- Fat Soluble Vitamins
Lesson 3	Theory- Micro Nutrients- - Water Soluble Vitamins
<i>Week 18</i>	
Lesson 1	Theory-Micro Nutrients- Fibre
Lesson 2	Theory-Micro Nutrients- Water
Lesson 3	Theory-Micro Nutrients- Minerals/Antioxidants
<i>Week 19</i>	
Lesson 1	Theory-Food provenance- Calcium
Lesson 2	Theory-Food provenance- Food packaging
Lesson 3	Theory-Food provenance- Food Waste
<i>Week 20 –</i>	
Lesson 1	Theory-Food provenance- 5 R's in food production
Lesson 2	Theory-Food provenance- Global food production why is food imported
Lesson 3	Theory-Food provenance- Global food production why is food imported
<i>Week 21 –</i>	
Lesson 1	Theory-Food provenance- Food Miles
Lesson 2	Theory-Food provenance- Organic Farming
Lesson 3	Theory-Food provenance-Organic Farming