







Topic	How confident am I?			<p>What do I need to do to improve my understanding – create a mind map, write revision note cards, use online tests, attempt some practice question papers, read and highlight my notes....</p> <p>OR</p> <p>Who do I need to seek support from to help me progress</p>	I have made my revision notes on this topic	I have revised this topic	I am confident on this topic	Evidence
								
	I could teach	I would need to look at my notes	I can not remember					
<b>Overview from syllabus</b>								
Content from syllabus				Specific skills or knowledge to be assess				
<input type="checkbox"/> food and drinks high in fat and/or sugar  <b>1.2 Sources:</b> eg farm-grown, reared, country of origin, processed, manufactured <b>2.1 Social factors:</b> eg cultural, locality, accessibility, Fairtrade, personal <b>2.2 Environmental factors:</b> eg food miles, carbon footprint, pesticides, weather, organic <b>2.3 Cost factors:</b> eg availability, quality, varieties, brands, composition <b>2.4 Sensory factors:</b> eg taste, texture, appearance, smell <b>3.1 Given dishes:</b> eg pasta dish, fruit dish, meat dish <b>3.3 Evaluate:</b> eg choices of ingredients and their effect, cost, taste, appearance, smell, texture, ways to improve the dish								
<b>Exploring balanced diets</b> <ul style="list-style-type: none"> <li>Explain what is meant by a <b>balanced diet</b></li> <li>Describe the <b>nutrients</b> that make up a balanced diet</li> <li>Explain nutrient requirements for different <b>groups of people</b></li> </ul>				Understand the importance of a balanced diet				



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<p>government guidelines on eg fat, sugar, salt, fibre, and fruit and vegetables.</p> <p><b>1.5 Nutritional information:</b> eg fat content, calories content, serving size</p> <p><b>1.6 Recommendations:</b> including current healthy eating advice, individual requirements for a balanced diet, RI/GDAs</p> <p><b>2.1 Recipe:</b> eg, cooking method, ingredients, portion size, serving suggestion, cost</p> <p><b>2.3 Other factors:</b> eg taste, texture, moisture, appeal, appearance</p>								
<b>Plan and produce dishes in response to a brief</b>								
<ul style="list-style-type: none"> <li>Assess the requirements of a <b>set brief</b></li> <li>Select a menu of dishes for the brief</li> <li>Develop a <b>plan</b> of action for making the dishes Review and revise plan from <b>feedback</b></li> <li>Demonstrate how to prepare themselves and environment for</li> </ul>				<p>Be able to plan a menu for a set brief</p> <p>Be able to prepare and make the dishes on the menu</p>				



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**Review of previous examinations:**