



# Learning Journey: Year 11, Food Preparation & Nutrition

This first term in \_\_\_\_\_ I want to focus on \_\_\_\_\_. I will do this by ...

## Term 1: The Eatwell Guide and Commodities

- The Eatwell Guide
- Commodities: Fruit & Vegetables, carbohydrates, dairy, protein, protein alternatives, fats
- Micronutrients
- Macronutrients
- Preparation for Mock 1
- Introduction to NEA 1

TA1 Projected Grade:

## Term 2: NEA 1 & 2

- Planning and completion of NEA 1
- Planning and completion of NEA 2

TA2 Projected Grade:

## Term 3:

- Exam revision and content from Year 10

Final Projected Grade:

### Careers:

*The career that interests me is ...*

*Food Technology will help me to achieve this because ...*

METG