

2023

# January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
26	27	28	29	30	31	01	
02	03	04	05	06	07	08	
		<b>Week 1 – Food, Nutrition, Health: Macronutrients</b> (Revision Guide pages 1-6)					
09	10	11	12	13	14	15	
<b>Week 2 – Vitamins, Minerals &amp; Water</b> (Revision Guide pages 7-10)							
16	17	18	19	20	21	22	
<b>Week 3 – Nutritional Needs &amp; Health</b> (Revision Guide pages 11-15)							
23	24	25	26	27	28	29	
<b>Week 4 – Nutritional Needs &amp; Health</b> (Revision Guide pages 16-21)							
30	31	Notes:					

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# February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31	01	02	03	04	05
<b>Week 5 – Practise cooking dishes for your practical Exam</b>						
06	07	08	09	10	11	12
<b>Week 6 – Food Practical Exam</b>						
13	14	15	16	17	18	19
<b>Half Term - Week 7 - Food Science: Protein (Revision Guide page 28)</b>						
20	21	22	23	24	25	26
<b>Week 8 - Food Science: Carbohydrates (Revision Guide page 29)</b>						
27	28	01	02	03	04	05
<b>Week 9 - Food Science: Fats and Oils (Revision Guide pages 30-31)</b>						
06	07	Notes:				

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# March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	01	02	03	04	05
<b>Week 9 – Food Science: Fats and Oils (Revision Guide pages 30-31)</b>						
06	07	08	09	10	11	12
<b>Week 10 - Food Science: Raising Agents (Revision Guide pages 32-33)</b>						
13	14	15	16	17	18	19
<b>Week 11 – Hand-in-deadline NEA2</b>						
20	21	22	23	24	25	26
<b>Week 12 – Hand-in-deadline NEA2</b>						
27	28	29	30	31	01	02
<b>Week 13 – Why Food is cooked, Heat transfer &amp; Cooking Methods (Revision Guide pages 22-26)</b>						
03	04	Notes:				

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April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	29	30	31	01	02
<b>Week 13 – Why Food is cooked, Heat transfer &amp; Cooking Methods (Revision Guide pages 22-26)</b>						
03	04	05	06	07	08	09
<b>Week 14 - Food Spoilage and Contamination (Revision Guide pages 34-38)</b>						
10	11	12	13	14	15	16
<b>Week 15 - Principles of food safety (Revision Guide pages 39-41)</b>						
17	18	19	20	21	22	23
<b>Week 16 - Factors that influence Food choice (Revision Guide pages 42-43)</b>						
24	25	26	27	28	29	30
<b>Week 17 – Food choice and religion. Food labelling and marketing. (Revision Guide pages 44-48)</b>						
01	02	Notes:				

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May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
01	02	03	04	05	06	07
<b>Week 18 - British and International cuisines (Revision Guide pages 49-54)</b>						
08	09	10	11	12	13	14
<b>Bank Holiday</b>	<b>Week 19 - Food Provenance: Food sources (Revision Guide pages 55-58)</b>					
15	16	17	18	19	20	21
<b>Week 20 - Food and the environment (Revision Guide pages 59-60)</b>						
22	23	24	25	26	27	28
<b>Week 21 - Sustainability of Food (Revision Guide page 61)</b>						
29	30	31	01	02	03	04
<b>Half Term - week 22 - Processing and production (Revision Guide pages 62-65)</b>						
05	06	Notes:				

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June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	31	01	02	03	04
<b>Half Term - week 22 - Processing and production (Revision Guide pages 62-65)</b>						
05	06	07	08	09	10	11
<b>Week 23 - Technological Developments (Revision Guide pages 66-68)</b>						
12	13	14	15 Week 24 - Food Preparation and Nutrition Written Exam - 15th June	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	01	02
03	04	Notes:				