



# Longfield Learning Journey



<b>Year Group:</b> 11	<b>Unit of work:</b> Unit 2 L01 – understand the importance of nutrition when planning menus	<b>Term:</b> 1:2
-----------------------	--	------------------

<b>Content: AC1.2</b> compare nutritional needs of <b>specific groups</b>	<b>R</b>	<b>A</b>	<b>G</b>
1. Special diets, children, teenagers and the elderly. Medical Diets - cardiovascular Disease, Coronary Heart Disease, Stroke, and High Blood Pressure			
2. Developing Food Practical Skills and Identify High Skill Dishes – Lemon Meringue Pie.			
3. Medical Diets - Osteoporosis, anaemia, diabetes, colon cancer. The effect of too much sugar and fat in the diet.			
4. Food allergens and intolerances (lactose, gluten). Developing Food Practical Skills and Identify High Skill Vegetarian Dishes. – Vegetable Samosas.			
5. Ethical diets, vegetarianism, meat analogues and meat alternatives			
6. Developing Food Practical Skills and Identify Fine Dining Dishes – Stuffed Chicken Breast on a Bed of pasta.			

## Review of unit : Nutrition and Menu Planning

### Review of new practical skills and dishes: