***PLC FOR YEAR 10 ASSESSMENT***

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| Eat well guide  |  |
| Personal / food hygiene  |  |
| Protein  |  |
| Novel proteins  |  |
| Carbohydrates  |  |
| Dietary fibre  |  |
| Fats  |  |
| QMA 1 – Pastry  |  |
| KP - Quiche |  |
| Vitamins – WS |  |
| Vitamins – FS |  |
| Minerals  |  |
| Factors affecting food  |  |
| Allergies & Intolerances  |  |
| Nutritional needs |  |
| Nutritional analysis  |  |
| Energy needs  |  |
| Diet related illness  |  |
| Advertising & Marketing  |  |
| Food labels  |  |
| KP – Recall quiz  |  |
| Multicultural foods  |  |
| Italian Cuisine  |  |
| British cuisine  |  |
| QMA 2 – Afternoon tea  |  |
| Sensory evaluation  |  |
| Food miles |  |