***PLC FOR YEAR 10 ASSESSMENT***

|  |  |
| --- | --- |
| 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 |  |