

Date	Activity	Homework	Hand in by
Tuesday 11 th Jan	Recap on Nutrition/Revision of Nutrition Questions Energy from Foods - Theory Pages 26-27 AQA Page 14 - 15 Ridgwell		
Wednesday 12 th Jan	Complete Energy From Foods GI Index Plan Assignment: Pork Stroganoff Page 201 Recipe Book and Tropical Fruit Crumble Page 189 Recipe Book	Complete the time plan Remember to DOVETAIL	Wednesday 19 th Jan
Tuesday 18 th Jan	Nutrition Test including Digestion Revision Quiz - page 30	Keep a Diet Diary for 3 days Time-plan for next assignment	Tues 25 th Jan Wed 26 th Jan
Wednesday 19 th Jan	Practical Assessment - Pork Stroganoff and Tropical Fruit Crumble		
Tuesday 25 th Jan	Dietary Analysis Text book pages 12 - 13 Questions 1-3 Food in Focus Analysis of own diet	Evaluate own diet diary Compare with RDA	