**S3 Home Economics 2022/23 – Deans Community High School**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Week Beginning** | **Lesson 1**  | **Lesson 2** | **Lesson 3** | **Benchmark****\*Food Technologies TCH 4-04a in all practical lessons** | **T&M/Assessment** |
| 15th August Monday In-service | REHIS |  |  | HWB 4 30a/31a/32a/34a/36aLIT 305a/15a/21aMNU 3 08a/11a/22a |  |
|  |  |  |
| 22nd August | The World of Food Experience 1(Bakery week) | Banana and Chocolate MuffinsPP1 | Chocolate Chip CookiesR4 Choc Chip Cookies | HWB 4 - 29aLIT 3 – 06a/24aMNU 3 – 08a/11a |  |
|  |  |  |
| 29th August | The World of Food Experience 2(French week) | Ratatouille | Vegetable Soup with Melba ToastR6 Vegetable Soup and Melba Toast | HWB 4 - 29aLIT 3 – 06a/24aMNU 3 – 08a/11a |  |
|  |  |  |
| 5th September | Contemporary Food Issues 1PPa(Soup Week) | Sweet Potato and Red Pepper SoupPP3 | Tomato Lentil Soup | *HWB 4 –* *33b**LIT 3 – 07a/10a/13a/28a**MNU 3 – 08a/11a/22a* | HW2 Homework Booklet 2 |
|  |  |  |
| 12th SeptemberFriday Holiday | Contemporary Food Issues 2PPa(Pasta Week) | Spaghetti Carbonara | Macaroni and CheeseR7 Macaroni cheese | HWB 4 - 29aLIT 3 – 06a/24aMNU 3 – 08a/11a |  |
|  |  |  |
| 19th SeptemberMonday HolidayTuesday In-service | Contemporary Food Issues 3PPa(Chinese Week) | Chicken Curry with Rice | Stir Fry R8 Chinese Style Stir Fry Vegetables | HWB 4 - 29aLIT 3 – 06a/24aMNU 3 – 08a/11a | HW2 Homework Booklet 2 |
|  |  |  |
| 26th SeptemberSeniors Assessment | REHIS Final Exam  | REHIS Final Exam  | REHIS Final Exam  | HWB-4 30a/31a/32a/34a/36aLit -305a/15a/21aMNU-3 08a/11a/22a |  |
|  |  |  |
| 3rd October | The World of Food Experience 1(Bakery Week II) | Soda Scones | Whisked Sponge CakePP4 | HWB 4 - 29aLIT 3 – 06a/24aMNU 3 – 08a/11a | HW2 Homework Booklet 2 |
|  |  |  |  |  |
| 10th October  |  | **October Week** |
|  |  |  |
| 17th OctoberMonday HolidayTuesday In Service | Keeping Safe and Hygienic 1 | Keeping Safe and Hygienic 2 | Keeping Safe and Hygienic 3 | HWB 4 – 33bLIT 3 – 07a/10a/13a/28aMNU 3 – 08a/11a/22a |  |
|  |  |  |
| 24th October | The World of Food Experience 2(Beef Week) | Cottage Pie R8 Cottage Pie | Chilli Con CarneR3 Chilli Con Carne with Rice | HWB 4 - 29aLIT 3 – 06a/24aMNU 3 – 08a/11a | HW2 Homework Booklet 2 |
|  |
| 31st October | The World of Food Experience 3(Indian Week) | Carrot and Coriander SoupR1 Carrot and Coriander soup | Chicken Tikka w/RiceR2 Chicken Tikka | HWB 4 - 29aLIT 3 – 06a/24aMNU 3 – 08a/11a |  |
|  |
| 7th November | The World of Food Experience 4(French Week 2) | Quiche LorraineR5 Quiche Lorraine | Lemon Meringue Pie | HWB 4 - 29aLIT 3 – 06a/24aMNU 3 – 08a/11a | HW2 Homework Booklet 2 |
|  |
| 14th November | The World of Food Experience 5(Italian Week 2) | Pizza Base – prep (yeast) | Stone Baked Pizza | HWB 4 - 29aLIT 3 – 06a/24aMNU 3 – 08a/11a |  |
|  |
| 21st November | The World of Food Experience 6(Chinese Week 2) | Egg Fried Rice | Omelettes  | HWB 4 - 29aLIT 3 – 06a/24aMNU 3 – 08a/11a | HW2 Homework Booklet 2 |
|  |
| 28th November  | What is Nutrition 1 (Mexican Week) | Tortilla Vegetable Wrap | Beef NachosWhat is Nutrition Slide 6 | HWB 4 - 29aLIT 3 – 06a/24aMNU 3 – 08a/11a |  |
|  |
| 5th December | What is Nutrition 2 (Vegetarian Week) | Stuffed Tomatoes w/Rice  | BruschettaWhat is Nutrition Slide 11 | HWB 4 - 29aLIT 3 – 06a/24aMNU 3 – 08a/11a | HW2 Homework Booklet 2 |
|  |  |  |
| 12th December | The World of Food Experience 9(Festival Christmas Week) | Christmas Biscuits | Christmas Biscuits – Decorate  | HWB 4 - 29aLIT 3 – 06a/24aMNU 3 – 08a/11a |  |
|  |  |  |  |  |  |
| 19th December  |  |  |
|  |  | **Christmas Holiday** |
|  |  |  |
| 9th January | What is Nutrition 3(Puff Pastry Week) | Banana Parcels What is Nutrition Slide 17 | Apple Strudel | HWB 4 - 29aLIT 3 – 06a/24aMNU 3 – 08a/11a | HW2 Homework Booklet 2 |
|  |  |  |
| 16th January | What is Nutrition 4(Italian Week 3) | Tortilla Pizza PieWhat is Nutrition Slide 23 | ?/?/? tbc | HWB 4 - 29aLIT 3 – 06a/24aMNU 3 – 08a/11a |  |
|  |  |  |
| 23rd January | The World of Food Experience 12(Rabbie Burns Week) | Shortbread  | Haggis Wrap | HWB 4 - 29aLIT 3 – 06a/24aMNU 3 – 08a/11a | HW2 Homework Booklet 2 |
|  |  |  |
| 30th January | The World of Food Experience 13(Poaching Week) | Poached Eggs on Toast | Poached Pears w/ Chocolate Sauce | HWB 4 - 29aLIT 3 – 06a/24aMNU 3 – 08a/11a |  |
|  |  |  |
| 6th February | The World of Food Experience 14(Bread Week) | Bread mix - prep | Baked bread Rolls | HWB 4 - 29aLIT 3 – 06a/24aMNU 3 – 08a/11a |  |
| 13th February  |  | **February Holiday** |
| 20th FebruaryMonday In service | Sustainability and the Environment 1PPb  | Sustainability and the Environment 2PPb | Sustainability and the Environment 3PPb | *HWB 4 –* *33b**LIT 3 – 07a/10a/13a/28a**MNU 3 – 08a/11a/22a* | HW1 Homework Nutrition |
|  |  |  |
| 27th February | Contemporary Food Issues 4PPa (Low Calories Week) | Coca Cola Chicken  | Pinch of Nom | HWB 4 - 29aLIT 3 – 06a/24aMNU 3 – 08a/11a |  |
|  |  |  |
| 6th MarchNational 5 Exams | Keeping Safe and Hygienic | Keeping Safe and Hygienic | Keeping Safe and Hygienic | HWB 4 – 33bLIT 3 – 07a/10a/13a/28aMNU 3 – 08a/11a/22a |  |
|  |  |  |
| 13th March | The World of Food Experience 15(Italian Week 4) | Spaghetti BologneseV5 Dibdin in the Kitchen - Spaghetti Bolognese | Bruschetta  | HWB 4 - 29aLIT 3 – 06a/24aMNU 3 – 08a/11a |  |
|  |  |  |
| 20th March | The World of Food Experience 16(American Week) | Beef Burgers - Prep | Beef Burgers – cooked and in a Bun | HWB 4 - 29aLIT 3 – 06a/24aMNU 3 – 08a/11a |  |
|  |  |  |
| 27th March | The World of Food Experience 17(Festival Easter Week) | Fairy Cakes – baked & stored | Decorate Fairy Cakes | HWB 4 - 29aLIT 3 – 06a/24aMNU 3 – 08a/11a |  |
|  |  |  |
| 3rd AprilFriday Holiday | The World of Food Experience 18(Potato Week) | Spicy Potato Wedges | Sauté Potatoes | HWB 4 - 29aLIT 3 – 06a/24aMNU 3 – 08a/11a |  |
| 10th April  |  | **Easter Holiday** |
| 17th April | The World of Food Experience 19(Deep Fry Week) | Chicken Nuggets PP2 | Vegetable Pakora w/ Dip | HWB 4 - 29aLIT 3 – 06a/24aMNU 3 – 08a/11a |  |
| 24th April | The World of Food Experience 20(Citrus Week) | Malay Chicken  | Mandarin Cheesecake | HWB 4 - 29aLIT 3 – 06a/24aMNU 3 – 08a/11a | HW2 Homework Booklet 2 |
|  |  |  |
|  |  |  |
| 1st MayMonday Holiday Tuesday In-service | Design and Make (linked to A World of Food – Country / Dish) | Design and Make - Design | Design and Make - Plan | HWB 4 - 29aLIT 3 – 06a/24aMNU 3 – 08a/11a |  |
|  |  |  |
| 8th May | Design and Make (linked to A World of Food – Country / Dish) | Design and Make - Order | Design and Make – Practise  | HWB 4 - 29aLIT 3 – 06a/24aMNU 3 – 08a/11a |  |
|  |  |  |
| 15th May | Design and Make (linked to A World of Food – Country / Dish) | Design and Make -Make | Design and Make -Make | HWB 4 - 29aLIT 3 – 06a/24aMNU 3 – 08a/11a |  |
|  |  |  |
| 22nd MayMonday Holiday | Design and Make (linked to A World of Food – Country / Dish) | Design and Make -Evaluate | Design and Make - Review | HWB 4 - 29aLIT 3 – 06a/24aMNU 3 – 08a/11a |  |
|  |  |  |
| 29th May |  |  |  |  |  |
|  |  |  |
| 5th June |  | **Timetable Change** |  |  |  |

T&M Overview linked to Benchmarks: