

## Commodity: Fruit and Vegetables

| Calendar | Big Question/Theme   | Small Questions  | Assessment Opportunities & Criteria.<br>Teacher Feedback point (TFP) | Homework |
|----------|--|--|--|----------|
|          | <ul style="list-style-type: none"> <li>• What is food provenance?</li> <li>• How are fruits and vegetables grown/reared and processed?</li> <br/> <li>• How are fruits and vegetables classified?</li> </ul> | <ol style="list-style-type: none"> <li>1. How and where are fruit and vegetables are grown? Link to climate, soil types.</li> <li>2. Compare organic verses non-organic (Soil Association, etc.)</li> <li>3. Explain the use of pesticides and herbicides – discuss the possible impact on health.</li> <li>4. Explain how customer choice can be linked to cost – discuss Food miles.</li> <li>5. Discuss seasonality.</li> <li>6. How are fruit and vegetables are grown/reared and processed?</li> <li>7. Select one or two appropriate fruits/vegetables and discuss growing, harvesting, etc. Link to your own area, consider growing, harvesting, storage and processing.</li> <li>8. Clarify the difference between primary and secondary processing.</li> <li>9. Discuss different methods of preservation (carry out a taste test on one fruit/vegetable by looking at fresh, frozen, canned, dried, jam, juiced, etc.) – link in with methods of sensory testing.</li> <li>10. Explain the changes to texture, colour and flavour due to cooking fruits and vegetables.</li> <br/> <li>1. Classify the difference between fruits and vegetables – leaves, stems, roots, tubers, bulbs, etc.</li> </ol> |  |          |

# Commodity: Milk, Cheese and Yoghurt

| Calendar                         | Big Question/Theme  | Small Questions  | Assessment Opportunities & Criteria. Teacher Feedback point (TFP) | Homework |
|----------------------------------|---|--|---|----------|
| <b>er Half Term to Christmas</b> | <ul style="list-style-type: none"> <li>• What is the environmental impact of milk, cheese and yoghurt?</li> <br/> <li>• How is milk, cheese and yoghurt grown, reared and processed?</li> <br/> <li>• How is milk, cheese and yoghurt classified?</li> <br/> <li>• What is the nutritional content of dairy products?</li> <br/> <li>• What dietary considerations should be taken into account when exploring milk, cheese and yoghurt?</li> </ul> | <ol style="list-style-type: none"> <li>1. How is local and imported dairy produce distributed?</li> <li>2. What is the impact and cost on milk prices for famers livelihood?</li> <li>3. How does food wastage and sustainability link to food poverty?</li> <br/> <li>1. How are animals reared, fed and milked?</li> <li>2. What are the different animal sources of milk?</li> <li>3. What are the different methods of preserving milk?</li> <li>4. What is the effect on the nutritional content from the processing of milk?</li> <li>5. What are the secondary methods of processing?</li> <br/> <li>1. What are the non-dairy sources of milk?</li> <li>2. How is milk processed into different products? (e.g. cream)</li> <li>3. What are the different types of milk?</li> <li>4. What are the different types of cream?</li> <li>5. What are the different types of cheese?</li> <li>6. Compare the fat content of the different types of cheese, milk and yoghurt.</li> <br/> <li>1. How do milk, cheese and yoghurts help to meet the nutritional requirements at different life stages?</li> <li>2. Explain the protein content of milk, cheese and yoghurt.</li> <li>3. Explain the biological value, linking to amino acids.</li> <li>4. What is the vitamin and mineral content of milk, cheese and yoghurt?</li> <li>5. Explain vitamins A, D and iodine and where they are found.</li> <li>6. Explain the effect on nutritional content from processing on milk, cheese and yoghurt.</li> <br/> <li>1. How do milk, cheese and yoghurt promote good bone health?</li> <li>2. How do deficiencies in vitamins A and D, and calcium promote bone deterioration?</li> <li>3. Why are some individuals lactose intolerant?</li> <li>4. What are the alternatives to lactose containing milk, cheese and dairy products?</li> <li>5. How are milk, yoghurt and cheese linked to heart health?</li> <li>6. What types of fat are found in milk, dairy and yoghurt products?</li> </ol> |   |          |