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

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| **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/36a  LIT 3  05a/15a/21a  MNU 3  08a/11a/22a |  |
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| 22nd August | The World of Food Experience 1  (Bakery week) | Banana and Chocolate Muffins  PP1 | Chocolate Chip Cookies  R4 Choc Chip Cookies | HWB 4 - 29a  LIT 3 – 06a/24a  MNU 3 – 08a/11a |  |
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| 29th August | The World of Food Experience 2  (French week) | Ratatouille | Vegetable Soup with Melba Toast  R6 Vegetable Soup and Melba Toast | HWB 4 - 29a  LIT 3 – 06a/24a  MNU 3 – 08a/11a |  |
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| 5th September | Contemporary Food Issues 1  PPa  (Soup Week) | Sweet Potato and Red Pepper Soup  PP3 | Tomato Lentil Soup | *HWB 4 –*  *33b*  *LIT 3 – 07a/10a/13a/28a*  *MNU 3 – 08a/11a/22a* | HW2 Homework Booklet 2 |
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| 12th September  Friday Holiday | Contemporary Food Issues 2  PPa  (Pasta Week) | Spaghetti Carbonara | Macaroni and Cheese  R7 Macaroni cheese | HWB 4 - 29a  LIT 3 – 06a/24a  MNU 3 – 08a/11a |  |
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| 19th September  Monday Holiday  Tuesday In-service | Contemporary Food Issues 3  PPa  (Chinese Week) | Chicken Curry with Rice | Stir Fry  R8 Chinese Style Stir Fry Vegetables | HWB 4 - 29a  LIT 3 – 06a/24a  MNU 3 – 08a/11a | HW2 Homework Booklet 2 |
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| 26th September  Seniors Assessment | REHIS Final Exam | REHIS Final Exam | REHIS Final Exam | HWB-4 30a/31a/32a/34a/36a  Lit -3  05a/15a/21a  MNU-3  08a/11a/22a |  |
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| 3rd October | The World of Food Experience 1  (Bakery Week II) | Soda Scones | Whisked Sponge Cake  PP4 | HWB 4 - 29a  LIT 3 – 06a/24a  MNU 3 – 08a/11a | HW2 Homework Booklet 2 |
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| 10th October |  | **October Week** | | | |
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| 17th October  Monday Holiday  Tuesday In Service | Keeping Safe and Hygienic 1 | Keeping Safe and  Hygienic 2 | Keeping Safe and Hygienic 3 | HWB 4 –  33b  LIT 3 – 07a/10a/13a/28a  MNU 3 – 08a/11a/22a |  |
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| 24th October | The World of Food Experience 2  (Beef Week) | Cottage Pie  R8 Cottage Pie | Chilli Con Carne  R3 Chilli Con Carne with Rice | HWB 4 - 29a  LIT 3 – 06a/24a  MNU 3 – 08a/11a | HW2 Homework Booklet 2 |
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| 31st October | The World of Food Experience 3  (Indian Week) | Carrot and Coriander Soup  R1 Carrot and Coriander soup | Chicken Tikka w/Rice  R2 Chicken Tikka | HWB 4 - 29a  LIT 3 – 06a/24a  MNU 3 – 08a/11a |  |
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| 7th November | The World of Food Experience 4  (French Week 2) | Quiche Lorraine  R5 Quiche Lorraine | Lemon Meringue Pie | HWB 4 - 29a  LIT 3 – 06a/24a  MNU 3 – 08a/11a | HW2 Homework Booklet 2 |
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| 14th November | The World of Food Experience 5  (Italian Week 2) | Pizza Base – prep (yeast) | Stone Baked Pizza | HWB 4 - 29a  LIT 3 – 06a/24a  MNU 3 – 08a/11a |  |
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| 21st November | The World of Food Experience 6  (Chinese Week 2) | Egg Fried Rice | Omelettes | HWB 4 - 29a  LIT 3 – 06a/24a  MNU 3 – 08a/11a | HW2 Homework Booklet 2 |
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| 28th November | What is Nutrition 1 (Mexican Week) | Tortilla Vegetable Wrap | Beef Nachos  What is Nutrition Slide 6 | HWB 4 - 29a  LIT 3 – 06a/24a  MNU 3 – 08a/11a |  |
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| 5th December | What is Nutrition 2 (Vegetarian Week) | Stuffed Tomatoes w/Rice | Bruschetta  What is Nutrition Slide 11 | HWB 4 - 29a  LIT 3 – 06a/24a  MNU 3 – 08a/11a | HW2 Homework Booklet 2 |
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| 12th December | The World of Food Experience 9  (Festival Christmas Week) | Christmas Biscuits | Christmas Biscuits – Decorate | HWB 4 - 29a  LIT 3 – 06a/24a  MNU 3 – 08a/11a |  |
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| 19th December |  |  | | | |
|  |  | **Christmas Holiday** | | | |
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| 9th January | What is Nutrition 3  (Puff Pastry Week) | Banana Parcels  What is Nutrition Slide 17 | Apple Strudel | HWB 4 - 29a  LIT 3 – 06a/24a  MNU 3 – 08a/11a | HW2 Homework Booklet 2 |
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| 16th January | What is Nutrition 4  (Italian Week 3) | Tortilla Pizza Pie  What is Nutrition Slide 23 | ?/?/? tbc | HWB 4 - 29a  LIT 3 – 06a/24a  MNU 3 – 08a/11a |  |
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| 23rd January | The World of Food Experience 12  (Rabbie Burns Week) | Shortbread | Haggis Wrap | HWB 4 - 29a  LIT 3 – 06a/24a  MNU 3 – 08a/11a | HW2 Homework Booklet 2 |
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| 30th January | The World of Food Experience 13  (Poaching Week) | Poached Eggs on Toast | Poached Pears w/ Chocolate Sauce | HWB 4 - 29a  LIT 3 – 06a/24a  MNU 3 – 08a/11a |  |
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| 6th February | The World of Food Experience 14  (Bread Week) | Bread mix - prep | Baked bread Rolls | HWB 4 - 29a  LIT 3 – 06a/24a  MNU 3 – 08a/11a |  |
| 13th February |  | **February Holiday** | | | |
| 20th February  Monday In service | Sustainability and the Environment 1  PPb | Sustainability and the Environment 2  PPb | Sustainability and the Environment 3  PPb | *HWB 4 –*  *33b*  *LIT 3 – 07a/10a/13a/28a*  *MNU 3 – 08a/11a/22a* | HW1 Homework Nutrition |
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| 27th February | Contemporary Food Issues 4  PPa  (Low Calories Week) | Coca Cola Chicken | Pinch of Nom | HWB 4 - 29a  LIT 3 – 06a/24a  MNU 3 – 08a/11a |  |
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| 6th March  National 5 Exams | Keeping Safe and Hygienic | Keeping Safe and  Hygienic | Keeping Safe and Hygienic | HWB 4 –  33b  LIT 3 – 07a/10a/13a/28a  MNU 3 – 08a/11a/22a |  |
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| 13th March | The World of Food Experience 15  (Italian Week 4) | Spaghetti Bolognese  V5 Dibdin in the Kitchen - Spaghetti Bolognese | Bruschetta | HWB 4 - 29a  LIT 3 – 06a/24a  MNU 3 – 08a/11a |  |
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| 20th March | The World of Food Experience 16  (American Week) | Beef Burgers - Prep | Beef Burgers – cooked and in a Bun | HWB 4 - 29a  LIT 3 – 06a/24a  MNU 3 – 08a/11a |  |
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| 27th March | The World of Food Experience 17  (Festival Easter Week) | Fairy Cakes – baked & stored | Decorate Fairy Cakes | HWB 4 - 29a  LIT 3 – 06a/24a  MNU 3 – 08a/11a |  |
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| 3rd April  Friday Holiday | The World of Food Experience 18  (Potato Week) | Spicy Potato Wedges | Sauté Potatoes | HWB 4 - 29a  LIT 3 – 06a/24a  MNU 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 - 29a  LIT 3 – 06a/24a  MNU 3 – 08a/11a |  |
| 24th April | The World of Food Experience 20  (Citrus Week) | Malay Chicken | Mandarin Cheesecake | HWB 4 - 29a  LIT 3 – 06a/24a  MNU 3 – 08a/11a | HW2 Homework Booklet 2 |
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| 1st May  Monday 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 - 29a  LIT 3 – 06a/24a  MNU 3 – 08a/11a |  |
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| 8th May | Design and Make  (linked to A World of Food – Country / Dish) | Design and Make - Order | Design and Make – Practise | HWB 4 - 29a  LIT 3 – 06a/24a  MNU 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 - 29a  LIT 3 – 06a/24a  MNU 3 – 08a/11a |  |
|  |  |  | | | |
| 22nd May  Monday Holiday | Design and Make  (linked to A World of Food – Country / Dish) | Design and Make -Evaluate | Design and Make - Review | HWB 4 - 29a  LIT 3 – 06a/24a  MNU 3 – 08a/11a |  |
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| 29th May |  |  |  |  |  |
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| 5th June |  | **Timetable Change** |  |  |  |

T&M Overview linked to Benchmarks: