



FOOD PREPARATION & NUTRITION CONTENT & ASSESSMENT

	Year 10	
	Lesson Content	Homework
FIRST HALF OF YEAR 10 AUTUMN TERM	<u>Introduction to the Course / Assessment</u>	Students to source a folder and file dividers to store all work in Type name onto a piece of paper (for use when photographing your food)
	<u>Demonstration of Bread Rolls</u> The science of bread rolls How does yeast grow/budding Importance of kneading/how to knead Importance of proving (video) Fermentation What happens during baking	Research and explain what is the difference between unleavened and leavened bread, include examples of each
	<u>Introduction to Eatwell Guide</u> Importance of healthy eating Macronutrients vs. micronutrients (Nutrients & functions & food sources)	Revise for a test next lesson Put together a podcast
	<u>Student Practical of Bread Rolls</u>	Mini evaluation of their practical
	<u>Recap of Eatwell Guide</u> <u>Test – teacher-assessed – marks on Go4Schools</u> Students to perform their podcasts	Eatwell Challenge on Food a Fact of Life
	<u>Sugar in Cakes Student Investigation</u> Comparing how different sugars and sweeteners perform in a creaming mixture	Hand in unleavened and leavened bread
	<u>Theory of Carbohydrates</u> Sources/functions	Hand in bread roll evaluation online
	<u>Theory of Fibre</u> What is fibre Soluble and insoluble fibres Function of fibre in the diet Effects of too little/too much fibre in the diet Digestion Recreation of the digestive system	
	<u>Assessed student practical of shortbread</u> Functions of fat when cooking Shortening	Evaluation of product
	<u>Theory of Fats</u> Sources of fat Visible/invisible fats Saturated/unsaturated fats Cholesterol Essential fatty acids Importance of fat in the diet Consequences of too much fat in the diet	Questions on fat to test their knowledge – teacher assessed – marks on Go4Schools
	<u>Functions of Sugar When Cooking</u> Types of sugar Sweetener and other products used to sweeten food Making toast investigation! (Dextrinisation)	Complete sugar worksheet

	<u>Student Practical of Fish Fingers / Chicken Nuggets</u> Preparing/slicing fish for cooking Removing skin from fish; Enrobing fish in breadcrumbs	Research and create a news article on "alternative proteins" stating whether you are for or against including bugs in the diet.
	<u>Theory of Protein</u> What is protein/function of protein Essential and non-essential amino acids (HBV and LBV) Protein alternatives Protein complementation Effects of too little/too much protein in the diet	Revision for half-term assessment
	<u>Theory of Dairy</u> What is a dairy product What is milk, what products can milk be turned into Nutritional content of dairy products and importance in the diet Effects of too little dairy in the diet Reducing fat content of dairy products Lactose intolerance Taste-testing of products	Research what cream is and the six varieties of cream available in the supermarket.
	<u>Assessed student practical of panna cotta</u> Theory of gelatine What is gelatine Types of gelatine How does gelatine work	Revision for half-term assessment
	<u>Half-term student written assessment – marks on Go4Schools</u> Skills audit	
	<u>Theory of Fruit and Vegetables</u> Classification of fruit and vegetables Function of vitamins and minerals in the diet with BOB!	Research the following two diseases caused by malnutrition: rickets and scurvy
HALF-TERM		
SECOND HALF OF YEAR 10 AUTUMN TERM	<u>Gelatinisation Theory and Investigation</u> Types of starches that sauces can be made from What is gelatinisation How to write a time plan	Finish time plan for assessment
	<u>Healthy Lunchbox Summary Activity</u> Recap the features of a healthy balanced diet Explain the importance of a healthy balanced diet The importance of water in the diet	Lunchbox leaflet to complete
	<u>Assessed student practical of chicken pie – marks on Go4Schools</u>	
	<u>Teenage dietary needs written & practical assessment</u> Nutritional needs of teenagers How could schools help them meet these requirements Introduction to Assessment Brief – what is expected	
	<u>Enzymic Browning Investigation</u> What is enzymic browning How do you prevent enzymic browning	
	Research / write-up of assessment so far – introduction, research, etc.	Finish research for assessment
	<u>Student Practical of Ratatouille / Vegetable Curry / Vegetable Chilli</u> Presentation of dish – herbs, appropriate containers, take a photo	.
	Completing shopping and equipment list for assessment	Complete for homework

	Beginning time plan / order of work	
	<u>Diet Through Life</u> Know different key stages in life other than teenage years Know and understand why different amounts of energy and nutrients are required through life. Describe the needs of different life stages to maintain health	
	<u>Practical of assessment dish</u>	Complete their evaluation for their assessed dish
	<u>Introduction to Sensory Analysis</u> What is it? How our senses guide our food choices Why carry out a sensory analysis? Sensory analysis words Hedonic Rating Scale Profiling test Sensory analysis of Swiss rolls	Revise for half-term assessment
	<u>Demo- Swiss Roll Sponge and Filling for Yule Log</u> Whisking method Rolling a Swiss roll	
	<u>Demo and FPT. Buttercream and Decorating Yule Log</u>	Revise for half-term assessment
	<u>Food Packaging and Labelling</u> Purpose of packaging Advantages and disadvantages of different types of packaging 10 legal requirements Designing effective packaging for a product	Revise for half-term assessment
	<u>Half-term written assessment - marks in Go4Schools</u> Teenage meal assessment feedback	
	<u>Food Additives</u> Different types of additives used in food products Functions that additives have in food products How to identify additives on food labels	
	<u>Feedback on Assessments</u> Half-term written assessment Teenage meal assessment Review of progress this half-term	
CHRISTMAS HOLIDAYS		
FIRST HALF OF YEAR 10 SPRING TERM	<u>Food Provenance 1</u> Definition of food provenance Food chains Traceability of food Demonstration of cottage pie with leek and potato topping Food chain video - raspberries and eggs	
	<u>Vegetarian Leaflet Task</u> Lacto-ovo vegetarian, lacto-vegetarian and vegans Reasons for following a vegetarian diet Consequences of a vegetarian diet	Put together a three-day meal plan for a lacto-ovo vegetarian, lacto-vegetarian or vegan Explain your reasons for choice for these meals with explanations of how the ingredients will provide important nutrients that may be lacking Marks in Go4Schools
	<u>FPT - cottage pie with leek and potato topping – marks on Go4Schools</u>	
	<u>Food Miles</u> Why do we import food Advantages and disadvantages of importing food How can we reduce food miles	
	<u>FPT – vegetarian product</u> Suitable for a vegetarian – include high-level skills	Evaluation of this product Marks in Go4Schools

	<u>International Cuisine Project Begins</u> Herbs and spices Burger demonstration Introduction to American cuisine Safe use of the food processor Types/cuts of meat	Research burger recipe to use for FPT
	<u>International Cuisine Project</u> Staple foods Background research for project [Chromebooks]	Carry out research into American cuisine
	<u>FPT - practical of burgers</u>	
	<u>Functional Foods</u> Know what functional foods are Know the functional foods available in the supermarket Food fortification and the importance of this in the diet Taste testing of functional foods	
	<u>Writing up of International Cuisine Project</u>	Research and complete a page on China as part of international cuisine project
	<u>Sweet and Sour, Spring Rolls and Egg Fried Rice Demonstration</u> Julienne chopping Dovetailing dishes when cooking	
	<u>Food Waste / War on Waste</u> Why food is wasted What can consumers/producers/supermarkets do to help reduce food waste	
	<u>FPT - practical of sweet and sour, spring rolls and egg fried rice</u>	Carry on completing international cuisine project
	Food choice Religion and diet	
	HALF-TERM	
SECOND HALF OF YEAR 10 SPRING TERM	<u>Bread and Butter Pudding Demonstration</u> Egg theory	Evaluation to complete OR Chinese practical evaluation write-up
	<u>Half-term written assessment</u>	
	<u>Special Diets</u> 1. Diabetes 2. Cardiovascular disease 3. Osteoporosis 4. Obesity 5. Iron-deficient anaemia Description, key points, nutritional needs, foods to eat, food to avoid	
	<u>Complete and hand in international cuisine project - Marks on Go4Schools</u>	
	<u>Vegetable Experiment Practical</u> Know what happens to the colour, texture and nutritional value of vegetables when cooked in different conditions How to preserve nutritional value, texture and colour of vegetables at home	
	<u>FPT - bread and butter pudding</u>	
	<u>Positive Uses of Micro-organisms</u> Fermentation Uses in yoghurts	

	Use in cheese Demonstration of making soft cheese Uses in bread making Yeast investigation with bananas	
	<u>Preservation of Food</u> Principles of food preservation Food spoilage Factors that affect spoilage and how to prevent it	
	<u>FPT - practical of jam-making and Victoria sandwich</u>	Give out recipe for Chelsea buns here
	<u>Rich Yeast Doughs</u> Function of ingredients used to make Chelsea buns Chelsea buns demonstration Common problems with bread	
	<u>FPT - practical of Chelsea buns</u>	
	<u>Food Intolerances vs. Food Allergies</u> Coeliac disease Triangle test of gluten-free vs. non-gluten-free biscuits	
	<u>Fairtrade</u> What is it? Products available	
	<u>Supermarket Secrets – Easter Sensory Analysis / Taste Testing</u> Fair testing Triangle test, rating test, ranking test	
	<u>End of half-term written assessment - marks on G4Schools</u>	
FIRST HALF OF YEAR 10 SUMMER TERM	<u>Review of Assessments</u> Feedback Target-setting	
	EASTER HOLIDAYS	
	<u>Preparation for Year 10 Exams</u> Revision cards activity Identification of knowledge gaps	
	<u>Mock NEA 2 assessment - marks on G4Schools</u>	
	<u>Practical of Scones</u> Glazing Raising agents Making butter	
	<u>Practical of Meringues - Eton Mess / Pavlova</u> Whipping cream Making coulis Assembly of product	
	<u>Egg Theory</u> Ways to cook eggs Foods containing eggs Function of eggs Storage of eggs Structure of eggs	Questions on eggs
	<u>Practical of Profiteroles Part 1</u> Practical of choux pastry Science of choux pastry Gordon Ramsey clip for making choux pastry	
	<u>Practical of Profiteroles Part 2</u> Filling – whipping cream Chocolate glaze/sauce	

	HALF-TERM	
	FPT- making and flavouring their own fresh pasta Mock exam feedback	Digital bundle Review of NEA 1 task
	FPT - calzone	Digital bundle Questions on NEA 1 task
	Methods of Cooking Boiling, simmering, shallow frying, deep fat frying, stir frying, steaming, braising, poaching, grilling, baking, roasting, casseroles, microwave cooking Dry, moist, oil, other Effects of heat on food	
	FPT – sausage rolls (flaky pastry)	Different types of pastry
SECOND HALF OF YEAR 10 SUMMER TERM	Mock NEA1 Analysis of brief Introduction, plan of action How to begin a food science investigation (Love Food Science “How to begin a Food Science Investigation” Video)	HWK – research different fats that can be used
	Mock NEA 1 – writing up research Decide which fats they would like to use	HWK – finish writing up research
	Mock NEA 1 – experiments 1 & 2	
	Food Spoilage and Food Safety Signs of food spoilage The 4Cs Types of contamination Storage of food	HWK – questions on food safety and food spoilage
	Mock NEA 1 - experiments 3 & 4	HWK – begin writing up experiments Use digital bundle
	Mock NEA 1 – writing up experiments	HWK – continue writing up
	Mock NEA 1 – evaluation / conclusion Hand in NEA1	
	FPT – deboning fresh chicken	
	Food Safety and HACCP Food safety film	
	Demo – Chicken Kebabs / Marinade Use of food processor for coleslaw-style product	HWK –questions on equipment
	FPT – kebabs and coleslaw product	HWK – evaluation on coleslaw product
	FPT – gelatine set cheesecake	
	Feedback on NEA1 - marks on G4Schools Review of half-term work Target setting	