**FOOD PREPARATION & NUTRITION CONTENT & ASSESSMENT**

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|  | **Year 10** | |
| **Lesson Content** | **Homework** |
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| **FIRST HALF OF YEAR 10**  **AUTUMN TERM** | **Introduction to the Course / Assessment** | 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) |
| **Demonstration of Bread Rolls**  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 |
| **Introduction to Eatwell Guide**  Importance of healthy eating  Macronutrients vs. micronutrients  (Nutrients & functions & food sources) | Revise for a test next lesson  Put together a podcast |
| **Student Practical of Bread Rolls** | Mini evaluation of their practical |
| **Recap of Eatwell Guide**  **Test – teacher-assessed – marks on Go4Schools**  Students to perform their podcasts | Eatwell Challenge on Food a Fact of Life |
| **Sugar in Cakes Student Investigation** Comparing how different sugars and sweeteners perform in a creaming mixture | Hand in unleavened and leavened bread |
| **Theory of Carbohydrates** Sources/functions | Hand in bread roll evaluation online |
| **Theory of Fibre**  What is fibre  Soluble and isoluble fibres  Function of fibre in the diet  Effects of too little/too much fibre in the diet  Digestion  Recreation of the digestive system |  |
| **Assessed student practical of shortbread**  Functions of fat when cooking  Shortening | Evaluation of product |
| **Theory of Fats**  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 |
| **Functions of Sugar When Cooking**  Types of sugar  Sweetener and other products used to sweeten food  Making toast investigation! (Dextrinistation) | Complete sugar worksheet |
| **Student Practical of Fish Fingers / Chicken Nuggets**  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. |
| **Theory of Protein**  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 |
| **Theory of Dairy** What is a dairy productWhat is milk, what products can milk be turned intoNutritional content of dairy products and importance in the dietEffects of too little dairy in the dietReducing fat content of dairy productsLactose intoleranceTaste-testing of products | Research what cream is and the six varieties of cream available in the supermarket. |
| **Assessed student practical of panna cotta**  Theory of gelatine  What is gelatine  Types of gelatine  How does gelatine work | Revision for half-term assessment |
| **Half-term student written assessment – marks on Go4Schools**  Skills audit |  |
| **Theory of Fruit and Vegetables**  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** | **Gelatinisation Theory and Investigation**  Types of starches that sauces can be made from  What is gelatinisation  How to write a time plan | Finish time plan for assessment |
| **Healthy Lunchbox Summary Activity**  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 |
| **Assessed student practical of chicken pie – marks on Go4Schools** |  |
| **Teenage dietary needs written & practical assessment**  Nutritional needs of teenagers  How could schools help them meet these requirements  Introduction to Assessment Brief – what is expected |  |
| **Enzymic Browning Investigation**  What is enzymic browning  How do you prevent enzymic browning |  |
| Research / write-up of assessment so far – introduction, research, etc. | Finish research for assessment |
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| **Student Practical of Ratatouille / Vegetable Curry / Vegetable Chilli**  Presentation of dish – herbs, appropriate containers, take a photo | . |
| Completing shopping and equipment list for assessment  Beginning time plan / order of work | Complete for homework |
| **Diet Through Life**  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 |  |
| **Practical of assessment dish** | Complete their evaluation for their assessed dish |
| **Introduction to Sensory Analysis**  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 |
| **Demo- Swiss Roll Sponge and Filling for Yule Log**  Whisking method  Rolling a Swiss roll |  |
| **Demo and FPT. Buttercream and Decorating Yule Log** | Revise for half-term assessment |
| **Food Packaging and Labelling**  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 |
| **Half-term written assessment - marks in Go4Schools**  Teenage meal assessment feedback |  |
| **Food Additives**  Different types of additives used in food products  Functions that additives have in food products  How to identify additives on food labels |  |
| **Feedback on Assessments**  Half-term written assessment  Teenage meal assessment  Review of progress this half-term |  |
|  | **CHRISTMAS HOLIDAYS** |  |
| **FIRST HALF OF YEAR 10**  **SPRING TERM** | **Food Provenance 1**  Definition of food provenance  Food chains  Traceability of food  Demonstration of cottage pie with leek and potato topping  Food chain video - raspberries and eggs |  |
| **Vegetarian Leaflet Task**  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** |
| **FPT - cottage pie with leek and potato topping – marks on Go4Schools** |  |
| **Food Miles**  Why do we import food  Advantages and disadvantages of importing food  How can we reduce food miles |  |
| **FPT – vegetarian product**  Suitable for a vegetarian – include high-level skills | Evaluation of this product  **Marks in Go4Schools** |
| **International Cuisine Project Begins**  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 |
| **International Cuisine Project**  Staple foods  Background research for project  [Chromebooks] | Carry out research into American cuisine |
| **FPT - practical of burgers** |  |
| **Functional Foods**  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 |  |
| **Writing up of International Cuisine Project** | Research and complete a page on China as part of international cuisine project |
| **Sweet and Sour, Spring Rolls and Egg Fried Rice Demonstration**  Julienne chopping  Dovetailing dishes when cooking |  |
| **Food Waste / War on Waste**  Why food is wasted  What can consumers/producers/supermarkets do to help reduce food waste |  |
| **FPT - practical of sweet and sour, spring rolls and egg fried rice** | Carry on completing international cuisine project |
| Food choice  Religion and diet |  |
|  | **HALF-TERM** |  |
| **SECOND HALF OF YEAR 10 SPRING TERM** | **Bread and Butter Pudding Demonstration**  Egg theory | Evaluation to complete OR Chinese practical evaluation write-up |
| **Half-term written assessment** |  |
| **Special Diets**   1. Diabetes 2. Cardiovascular disease 3. Osteoporosis 4. Obesity 5. Iron-deficient anaemia   Description, key points, nutritional needs, foods to eat, food to avoid |  |
| **Complete and hand in international cuisine project -**  **Marks on Go4Sschools** |  |
| **Vegetable Experiment Practical**  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 |  |
| **FPT - bread and butter pudding** |  |
| **Positive Uses of Micro-organisms**  Fermentation  Uses in yoghurts  Use in cheese Demonstration of making soft cheese  Uses in bread making  Yeast investigation with bananas |  |
| **Preservation of Food**  Principles of food preservation  Food spoilage  Factors that affect spoilage and how to prevent it |  |
| **FPT - practical of jam-making and Victoria sandwich** | Give out recipe for Chelsea buns here |
| **Rich Yeast Doughs**  Function of ingredients used to make Chelsea buns  Chelsea buns demonstration  Common problems with bread |  |
| **FPT - practical of Chelsea buns** |  |
| **Food Intolerances vs. Food Allergies**  Coeliac disease  Triangle test of gluten-free vs. non-gluten-free biscuits |  |
| **Fairtrade**  What is it?  Products available  **Supermarket Secrets – Easter Sensory Analysis / Taste Testing**  Fair testing  Triangle test, rating test, ranking test |  |
| **End of half-term written assessment - marks on G4Schools** |  |
| **Review of Assessments**  Feedback Target-setting |  |
|  | **EASTER HOLIDAYS** |  |
| **FIRST HALF OF YEAR 10 SUMMER TERM** | **Preparation for Year 10 Exams**  Revision cards activity  Identification of knowledge gaps |  |
| **Mock NEA 2 assessment - marks on G4Schools** |  |
| **Practical of Scones**  Glazing  Raising agents  Making butter |  |
| **Practical of Meringues - Eton Mess / Pavlova**  Whipping cream  Making coulis  Assembly of product |  |
| **Egg Theory**  Ways to cook eggs  Foods containing eggs  Function of eggs  Storage of eggs  Structure of eggs | Questions on eggs |
| **Practical of Profiteroles Part 1**  Practical of choux pastry  Science of choux pastry  Gordon Ramsey clip for making choux pastry |  |
| **Practical of Profiteroles Part 2**  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, casseroling, 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 |  |