


<p>Year: 10 Subject: Food preparation and Nutrition</p>	<p>Curriculum Intent: Students will be taught how to cook and apply the principles of nutrition and healthy eating. Learning how to cook being a crucial life skill that enables students to feed themselves and others affordably and well, now and in later life. They will understand and apply the principles of nutrition and health and how nutritional needs vary with age and health conditions. Students will demonstrate a repertoire of predominantly savoury dishes as part of a healthy and varied affordable diet instilling a love of cooking that leads self-sufficiency and independence later in life. Students will develop their knowledge and understanding of the functional and chemical properties of food.</p>						
	Term 1		Term 2		Term 3		
Topic Titles (in order of delivery)	<ol style="list-style-type: none"> 1. principals of food safety recap. 2. Methods of cooking foods and heat transfer. 3. Preserving nutrients in cooking food. 	<ol style="list-style-type: none"> 1. Functional and chemical properties of food. 	<ol style="list-style-type: none"> 1. Functional and chemical properties of food 2. Factors affecting food choice. 	<ol style="list-style-type: none"> 1. Factors affecting food choice. 2. Diet, nutrition, and health. 3. Revision for PPE 	<ol style="list-style-type: none"> 1. Food provenance 2. Environmental impact and sustainability 3. Processing and production. 4. Technological developments 	<ol style="list-style-type: none"> 1. British and international cuisine. <p>Mini NEA - Food Preparation Assessment - Researching the task / Demonstrating technical skills / Planning for the final menu / Analysis and evaluation</p>	
Practical skills	<ul style="list-style-type: none"> • Knife skills • Vegetable curry and flatbreads – knife skills/ dry frying • Cottage pie with piped mashed potato- knife skills and piping. 2 lessons. • Shortcrust pastry – quiche- 2 lessons • Independent practical. 	<ul style="list-style-type: none"> • General practical skills • Macaroni cheese- sauce making • Aeration – whisking -Swiss Roll etc • Setting mixtures • Flaky pastry • Shortcrust pastry • Raising agents • Choux pastry 	<ul style="list-style-type: none"> • General practical skills • Knife skills • Preparing fruits and vegetables • use of the cooker and equipment. • Doughs • Raising agents 	<ul style="list-style-type: none"> • General practical skills • Knife skills • Preparing fruits and vegetables • use of the cooker and equipment. • Sauces • Doughs • Raising agents • Setting mixtures 	<ul style="list-style-type: none"> • General practical skills • Knife skills • Preparing fruits and vegetables • use of the cooker and equipment. • Sauces • Doughs • Raising agents • Setting mixtures 	<ul style="list-style-type: none"> • General practical skills • Knife skills • Preparing fruits and vegetables • use of the cooker and equipment. • Sauces • Doughs • Raising agents • Setting mixtures 	

<p>Key knowledge / Retrieval topics</p>	<p>Why food is cooked and how heat is transferred. Conduction, convection and radiation. Selecting appropriate methods of cooking - how method affect the sensory qualities, palatability and nutritional values of foods.</p>	<p>Functional and chemical properties of foods - Carbohydrates Proteins Fats and oils Raising agents – chemical, biological and mechanical</p>	<p>Raising agents – chemical, biological and mechanical. What is a healthy balanced diet? Dietary guidelines. Planning balanced meals for different ages</p>	<p>Factors affecting food choice / making informed choices. Relationship between diet nutrition and health. major diet related diseases – obesity, CHD, osteoporosis, anaemia, type 2 diabetes.</p>	<p>Food sources Food and the environment – food miles and sustainability. Processing and production. Technological developments associated with better health and food production.</p>	<p>Features and characteristics from a variety of cuisines.</p>
<p>Assessment</p>	<p>In Class assessments Seneca Practical assessments End of term test.</p>	<p>In Class assessments Seneca Practical assessments</p>	<p>In Class assessments Seneca Practical assessments</p>	<p>In Class assessments Seneca Practical assessments Long answer questions – food choice.</p>	<p>In Class assessments Seneca Practical assessments</p>	<p>In Class assessments / mini-NEA PPE result</p>