


Year: 10EB4 Subject: Food preparation and Nutrition	Curriculum Intent: As part of their work with food, 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 learn, 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.					
	Term 1		Term 2		Term 3	
Topic Titles (in order of delivery)	<ol style="list-style-type: none"> 1. Food safety and hygiene – personal hygiene. 2. Healthy eating – nutritional needs and health – making informed choices. 	<ol style="list-style-type: none"> 1. Nutrients – macro nutrients / micronutrients. 	<ol style="list-style-type: none"> 1. Micronutrients continued. 2. Nutritional needs and health. 	<ol style="list-style-type: none"> 1. Nutritional Analysis 2. Factors affecting food choice. 3. Diet, nutrition, and health. 	<ol style="list-style-type: none"> 1. Factors affecting Food choice continued. 2. Principles of food safety. 3. Cooking foods and heat transfer. 4. Exam prep for PPE 	<ol style="list-style-type: none"> 1. British and international cuisine. Mini NEA - Food Preparation Assessment - Researching the task / Demonstrating technical skills / Planning for the final menu / Analysis and evaluation
Practical skills	<ul style="list-style-type: none"> • Knife skills • Soups – knife skills. • Bolognaise • Marble cake – creaming method • Scones • Pizza / calzone • Macaroni cheese • Risotto / rice dishes • Fish cakes etc – shaping / coating 	<ul style="list-style-type: none"> • Curry • Choc chip cookies • Swiss roll • Stuffed chicken breast • Rough puff pastry-sausage rolls • Yule log 	<ul style="list-style-type: none"> • Pasta Bake • Shortbread biscuits • Shortcrust pastry • Quiche 	<ul style="list-style-type: none"> • Lasagne • Shepherd’s Pie with potato piping. • Vegetable Samosas • Variety of dishes to develop practical skills 	<ul style="list-style-type: none"> • Chocolate Brownie Cake • Meat Balls and tomato sauce • 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

Key knowledge / Retrieval topics	<p>Food safety principles when preparing and cooking food.</p> <p>Healthy eating – making informed choices – how to provide the right diet for different people.</p> <p>What is meant by a healthy balanced diet?</p> <p>Energy needs for different people.</p>	<p>Nutrients -function in the body, sources in the diet, effects of excess and deficiency in the diet.</p>	<p>Nutrients -function in the body, sources in the diet, effects of excess and deficiency in the diet.</p> <p>What is a healthy balanced diet?</p> <p>Dietary guidelines.</p> <p>Planning balanced meals for different ages</p>	<p>Factors affecting food choice / making informed choices.</p> <p>Relationship between diet nutrition and health. major diet related diseases – obesity, CHD, osteoporosis, anaemia, type 2 diabetes.</p>	<p>Food safety advice when buying and storing food.</p> <p>What to look for when buying foods.</p> <p>Types of food storage.</p> <p>Temperature control in food storage.</p>	<p>Features and characteristics from a variety of cuisines.</p>
Assessment	<p>In Class assessments</p> <p>Seneca</p> <p>Practical assessments</p>	<p>In Class assessments</p> <p>Seneca</p> <p>Practical assessments</p> <p>Nutrients test</p>	<p>In Class assessments</p> <p>Seneca</p> <p>Practical assessments</p>	<p>In Class assessments</p> <p>Seneca</p> <p>Practical assessments</p> <p>Long answer questions – food choice.</p>	<p>In Class assessments</p> <p>Seneca</p> <p>Practical assessments</p>	<p>In Class assessments / mini-NEA</p> <p>PPE result</p>