



## Year 10 Food Preparation and Nutrition Course outline

Students have 5 lessons per fortnight. Homework is set once a week			
Term	Topic and approximate duration	Key learning areas	Homework Options Students will be guided by the class teacher as to which level to complete (according to target level)
Autumn Term	<b>Term 1 Introduction to Food Hygiene</b> (7 weeks)	<p>Students should be able to, understand what is HACCP, food hygiene and its relevance in a kitchen environment.</p> <p>Students will develop their knowledge in answering longer style questions that will be in the final exam.</p> <p>Practical focus will be on revisiting the key skills needed for the NEA2 in year 11.</p>	<p>Task 1 – Evaluation of the first practical (worksheet).</p> <p>Task 2 – Assessed homework: HACCP exam style questions (worksheet).</p> <p>Task 3 – Key terms for food hygiene.</p> <p>Task 4 – Landmark Revision: Food hygiene (worksheet).</p>
	<b>Nature of landmark assessment</b>	Teacher assessment – of both written work and practical work	
	<b>Term 1 Cakes, pastry, sauces, batters and biscuits</b> (8 weeks)	<p>Students should be able to: understand the theory behind cakes, pastry, sauces, biscuits and batters.</p> <p>To develop knowledge and understanding of the functional properties and nutritional content of these foods.</p> <p>Students will understand the how these can be adapted to those with dietary needs.</p> <p>Students should be able to know the nutrients in these foods.</p> <p>Practical work will focus on these basic mixtures and recipes</p>	<p>Task 1 – Evaluation of practical (worksheet).</p> <p>Task 2 – Assessed homework: Pastry exam style questions (worksheet).</p> <p>Task 3 – Adapting these recipes for dietary needs.</p> <p>Task 4 – Landmark Revision: Cakes and pastry (worksheet).</p>
	<b>Nature of landmark assessment</b>	Teacher assessment of practical skills and independent working.	
	<b>Term 2 Commodities Cereals</b> (6 weeks)	<p>Students should be able to: understand the importance of cereal foods in our diet.</p> <p>Students should be able to understand the food science and apply the knowledge to bread making and pasta making. Students will carry out food investigations on bread and gluten.</p>	<p>Task 1 – Evaluation of practical (worksheet).</p> <p>Task 2 – Assessed homework: How is wheat made questions (worksheet).</p> <p>Task 3 – Key terms for cereal foods.</p>

		<p>Students will be able to understand how recipes can be adapted to meet those needs and how changing ingredients may affect the outcome of the dish. Students will understand dietary guidelines and the terminology used.</p> <p>Practical work will focus on using these ingredients to make dishes.</p>	<p>Task 4 – Landmark Revision: Cereal food and their use in the diet (worksheet).</p>
	<b>Nature of landmark assessment</b>	Teacher assessment – of both written work and practical work	
<b>Spring Term</b>	<p><b>Term 2 Commodities Fruit and Vegetables</b> (6 weeks)</p>	<p>Students should be able to understand about the variety of fruit and vegetables. Student will understand the importance of fruit and vegetables in the diet and their nutritional value. Students know the characteristics and uses of different types of fruit and vegetables. Students will carry out two food science experiments, enzyme browning and gelatinisation.</p> <p>Practical work will focus on Experimental work and food products that demonstrate food science, e.g. , cooking methods on fruit and vegetables.</p>	<p>Task 1 – Write up of food science experiment (worksheet). Task 2 – Assessed homework: Preservation methods for fruit and vegetables questions (worksheet). Task 3 – Uses of fruit and vegetables.</p> <p>Task 4 – Landmark Revision: Independent NEA1 mock</p>
	<b>Nature of landmark assessment</b>	Teacher assessment of practical skills and independent working.	
<b>Summer Term</b>	<p><b>Term 3 Commodities Milk</b> <b>End of year exam</b> (5 weeks)</p>	<p>Students should be able to understand about the different types of dairy foods available. How milk is processed to make it safe to use. Students will also know how milk is made into other dairy products, its nutritional value and how they are used in the diet.</p> <p>Practical work will focus on cooking with milk and milk products and carry out investigations. Students will also revise and complete the end of year exam</p>	<p>Task 1 – Watch a video on milk processing and answer questions on it (worksheet). Task 2 – Assessed homework: Milk questions (worksheet). Task 3 – Produce a table for the different types of milk and how they are processed</p> <p>Task 4 – Landmark Revision: End of year exam revision</p>
	<b>Nature of landmark assessment</b>	Teacher assessment of both written work and verbal contributions.	
	<p><b>Term 3 commodities Meat and Fish</b> (7 weeks)</p>	<p>Students should be able to know the choice of meat, poultry, fish and offal available to the consumer. Students should be able to know the value of meat, fish and poultry in the diet and what to look for when buying it. How to handle, store, prepare and cook meat and fish to prevent food poisoning.</p> <p>The practical focus will be on using the skills they have learnt in the year to create their</p>	<p>Task 1 – Research the types of cuts of meat and how to cook them Task 2 – Assessed homework: Label cuts of meat on a diagram (worksheet). Task 3 – Produce a buyer’s guide for meat, fish and poultry</p>

		own dishes including an ingredient that must be featured in the dish.	Task 4 – Landmark Revision: Time plan and practical preparation
	<b>Nature of landmark assessment</b>	Teacher assessment of practical skills and independent learning.	