

Year 10 Food Preparation & Nutrition Subject Overview

	Term 1	Term 2	Term 3
Topic	Bread, Pastry & Cakes	Poultry & Fish, Technical Skills, Fruit & Vegetables	Cereals, Dairy, Protein
Key Concept	<p>Commodities: Bread, Pastry, Cakes</p> <ol style="list-style-type: none"> 1. Food commodities 2. Principles of nutrition 3. Diet and good health 4. The science of food 5. Where food comes from 6. Cooking and food preparation 	<p>Commodities: Poultry, Fish, Fruit & Vegetables</p> <ol style="list-style-type: none"> 1. Food commodities 2. Principles of nutrition 3. Diet and good health 4. The science of food 5. Where food comes from 6. Cooking and food preparation 	<p>Commodities: Cereals, Dairy and Protein</p> <ol style="list-style-type: none"> 1. Food commodities 2. Principles of nutrition 3. Diet and good health 4. The science of food 5. Where food comes from 6. Cooking and food preparation
Learning Objectives	<p>Bread</p> <ul style="list-style-type: none"> • The Science of Bread Making • Method of Bread Making • Function of Ingredients • Faults in Bread Making • Investigation: Gluten • Breads Around the World • Bread Roll and Focaccia Practical's <p>Pastry</p> <ul style="list-style-type: none"> • Types of Pastry • Pastry Making • Function of Ingredients • Faults in Pastry Making • Investigation: Shortening • Choux, Puff and Shortcrust pastry practical's <p>Cakes</p> <ul style="list-style-type: none"> • Types of Cake • Cake Making Methods • Function of Ingredients • Investigation: Raising Agents • Faults in Cake Making • Cake practical 	<p>Poultry and Fish</p> <ul style="list-style-type: none"> • Jointing a Chicken • Types of Poultry • Types of Game Bird • Cooking Methods • Investigation: Cooking Methods • Types of Fish • Buying Fresh Fish • Filleting Fish • Fish or Chicken Practical <p>Technical Skills</p> <ul style="list-style-type: none"> • Marketing and Advertising • Product Packaging • Food Labelling • Nutritional Labelling • Sauces • Gelatinisation • Making Pasta • Time Plans <p>Fruit and Vegetables</p> <ul style="list-style-type: none"> • Types of Vegetables • Types of Fruit • Vegetables Cuts 	<p>Cereals</p> <ul style="list-style-type: none"> • Principles of Nutrition • Sugar and Starch • Cereals • Key Processes of Wheat Milling • Primary V Secondary Processing • Breakfast Cereals: Nutritional Labelling • Rice • Maize and Oats • Barley and Rye • Investigation: Gelatinisation • Breakfast Cereal Bar Practical <p>Dairy</p> <ul style="list-style-type: none"> • Dairy Products • Nutritional Value of Milk • Secondary Processing of Milk • Milk Alternatives • Cheese • Investigation: Cheese Making • Yogurt and Cream • Dairy Practical <p>Protein</p> <ul style="list-style-type: none"> • Amino Acids • LBV and HBV

		<ul style="list-style-type: none"> • Nutritional Value of Fruit and Vegetables • The Choosing and Storing of Fruit and Vegetables • Processing Fruit and Vegetables • Cooking methods of Vegetables • Investigation: Potatoes • Herbs and Spices • Vegetarian Practical 	<ul style="list-style-type: none"> • Pulses and Beans • Nuts and Seeds • Alternative Protein • Investigation; Cooking Methods • Traceability and Animal Welfare • Types of Meat • Cuts of Meat • Offal • Eggs • Nutritional Value of Protein • Using Mince Practical
Scaffolding SEND	Glossaries, differentiated tasks, targeted questioning, demonstrations, skill development, reading strategies, guided reading activities, model answers, recall quizzes, sentence starters and writing frames.	Glossaries, differentiated tasks, targeted questioning, demonstrations, skill development, reading strategies, guided reading activities, model answers, recall quizzes, sentence starters and writing frames.	Glossaries, differentiated tasks, targeted questioning, demonstrations, skill development, reading strategies, guided reading activities, model answers, recall quizzes, sentence starters and writing frames.
Key Vocabulary	https://www.foodafactoflife.org.uk/14-16-years/	https://www.foodafactoflife.org.uk/14-16-years/	https://www.foodafactoflife.org.uk/14-16-years/
Formative Assessment	Plenaries, questioning, quizzes, feedback.	Plenaries, questioning, quizzes, feedback.	Plenaries, questioning, quizzes, feedback.
Summative Assessment	End of Topic Assessment	End of Topic Assessment	End of Topic Assessment
Careers	https://nationalcareers.service.gov.uk/job-categories/hospitality-and-food	https://nationalcareers.service.gov.uk/job-categories/hospitality-and-food	https://nationalcareers.service.gov.uk/job-categories/hospitality-and-food
Links to build on....	KS3 Curriculum and SOW	KS3 Curriculum and SOW	KS3 Curriculum and SOW
To Prepare for...	Food Preparation and Nutrition Component 1: GCSE Examination Component 2 : NEA 1: The Food Investigation Assessment NEA 2: The Food Preparation Assessment	Food Preparation and Nutrition Component 1: GCSE Examination Component 2 : NEA 1: The Food Investigation Assessment NEA 2: The Food Preparation Assessment	Food Preparation and Nutrition Component 1: GCSE Examination Component 2 : NEA 1: The Food Investigation Assessment NEA 2: The Food Preparation Assessment