

1. Year 10 Curriculum Plan

YEAR 10	HALF TERM 1	SUBJECT Food Preparation and Nutrition	LEARNING		
TOPIC: Theory	LEARNING OBJECTIVES	KEY VOCABULARY	LEARNING SEQUENCE	LINKED LEARNING	HOME LEARNING
Introduction to the course, set expectations, target grades, how learners will be assessed, etc.	To understand GCSE requirements.	NEA 1 NEA2 Coursework Practical Exam Written Exam Spoilage Microorganism	Be able to describe the conditions in which microorganisms grow.	This topic is linked to your learning in KS3.	Food Contamination Work Sheets Food Contamination Quizzes GCSE POD End of Topic Test
Food Spoilage	To understand the conditions in which microorganisms grow. To identify high and low risk foods.				
Food Storage	To understand ways of preventing food spoilage and enzymes. To know the difference between microorganisms. To be able to recite critical temperatures. To be aware of date marks.	Acid Alkaline PH High Risk	Understand and demonstrate how to store foods safely.		
Preparing Food Safely	To know how to prevent cross contamination during preparation, cooking and storage.	Low Risk Enzyme Biological Catalyst	Draw a germometer and demonstrate your understanding of how to prevent cross contamination.		
Food Poisoning	To learn the types of bacteria and symptoms of food poisoning. Understanding how to control bacterial growth.	Enzymic Browning Bacteria Mould	List and learn bacteria cause food poisoning and what are the symptoms?		



Cumulative Test	Identify any gaps in knowledge and review.	Yeast	What have I learned?		
TOPIC: Practical	LEARNING OBJECTIVES	KEY VOCABULARY	LEARNING SEQUENCE	LINKED LEARNING	HOME LEARNING
Carrot and Coriander Soup	Demonstrate how to make a soup from scratch using previously learned knife skills. To blend using electrical equipment. To know how to taste and season food avoiding cross-contamination.	Seasonal Availability Primary Processing Secondary Processing Seasoning	Knife skills. Seasonal Food. Using the food processor/hand blender. Consistency. Seasoning.	Skills are developed from KS3 practical work.	Weekly buying, weighing, measuring and packaging of ingredients and equipment. Being fully prepared and organised to take part in weekly practical work.
Bread	Demonstrate confidence in the art of bread making, understanding the function of ingredients.	Food Processor Blender Gluten Kneading Proving	Be able to explain: How does yeast work? What is gluten (protein). The function of carbohydrate. Show: Mixing. Kneading. Shaping. Proving. Baking skills.		Students will be required to complete a weekly evaluation sheet via Firefly.
Blackberry and Apple Cake	Demonstrate how to bake a cake using seasonal foods. To understand the function and chemical properties of the ingredients. To practice the creaming method.	Caramelisation Gelatinisation Roux	Seasonal foods are affected by climate. Why do food miles matter? Encouraging buying local. What is the creaming method? Food Science:		

Chicken Cacciatore	Demonstrate how to make a healthy main meal paying attention to food safety and recognising high risk foods and cross contamination and storage. To use a temperature probe.	Protein	Caramelisation. Aeration.		
Macaroni Cheese	Demonstrate an understanding of high risk foods from the dairy section. Make a smooth roux understanding the process of gelatinisation.	Dairy	Recognise International foods and food miles. Ingredients can travel thousands of miles. Explain how to prevent food poisoning when cooking a high risk ingredients like chicken.		
Meringue (Halloween winter fruits pavlova)	Demonstrate denaturation using mechanical agitation to cause aeration. Demonstrate the safe use of an electric whisk . Show excellent presentation skills and an understanding of seasonal availability.	Denature Amino Acid	Recognise that dairy is a high risk food and store appropriately. Put storage of dairy knowledge into practice. Demonstrate how to make a roux. Explain Gelatinisation. Know why calcium and vitamin D are needed in the diet.		
			Understand what a mechanical raising agent is. Describe: Denature. Protein. Amino Acid.		

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