

5. Year 10 Curriculum Plan

YEAR 10

HALF TERM 5

SUBJECT Food Preparation and Nutrition

LEARNING



TOPIC: Theory	LEARNING OBJECTIVES	KEY VOCABULARY	LEARNING SEQUENCE	LINKED LEARNING	HOME LEARNING
Influences on Food Choice.		PAL- Physical Activity Level		This topic is linked to your learning in KS3.	See Firefly
Factors which influence what people eat.	Understand the factors, including: health, cost, income, skills, lifestyle, seasonal availability, occasions and enjoyment.	Hinduism	Show knowledge by identifying the factors which influence Food Choice.		End of Topic Test
Cultural, Religious and Moral Food Choices.	Recognise that different religions have different views on food. Understand Personal Choice, Moral, Ethical concerns as well as intolerance and allergies.	Islam			Worksheets
		Judaism	List the dietary laws for each specified religion.		GCSE POD
		Christianity			
		Sikhism			
		Buddhism			
		Rastafarian			
Food Labelling	Learn Food Labelling regulations.	Animal Welfare	Evaluate and prioritise the legal requirements of food labelling.		
		Working Conditions			
Food Marketing	Understand how TV, Social Media, Magazines and Posters promote food products.	Environmental Impact	Create and invent your own product to market.		
		Intolerant			
		Allergy			
Sensory Testing	Understanding how to make food tests fair and unbiased. Recognise the Sensory Qualities of Food.	Nutritional Information	Evaluate the product that you make in class.		
		Special offer			
		Endorsement			

		Health Claims Ethical Values Senses Sensory Unbiased			
TOPIC: Practical	LEARNING OBJECTIVES	KEY VOCABULARY	LEARNING SEQUENCE	LINKED LEARNING	HOME LEARNING
Beef (<i>or other meat</i>) curry (<i>marinade with yoghurt</i>) with rice	Dicing of meat into even pieces Preparing marinade Knife skills – dicing and slicing vegetables Making curry paste from scratch Sautéing, simmering Cooking rice (various methods) so that it is fluffy and grains are well separated	Seasonal Availability Primary Processing Secondary Processing Seasoning Food Processor Blender		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.
Cheese soufflé	Panada sauce with a roux Separating egg white and yolk Whisking egg white Grating cheese Folding Decanting into dishes evenly Light and well-risen baked soufflé is achieved	Gluten Kneading Proving Caramelisation			
Chicken chow mein	<i>(assuming ready-made sauce and pre-prepared chicken breast portion is used)</i> Slicing chicken breast into thin and even strips Knife skills – slicing vegetables, etc.	Gelatinisation Roux Protein			Students will be required to complete a weekly evaluation sheet via Firefly.

	<p>Cooking noodles Stir frying (wok cookery)</p>	<p>Dairy</p> <p>Denature</p> <p>Amino Acid</p>			
Bakewell tart (raspberry)	<p>Shortcrust pastry/pate sucree: Rubbing-in Mixing Forming dough of correct consistency, resting dough Rolling out and lining tin Baking blind</p> <p>Filling: Layering with jam and fresh fruit Making frangipane topping Decoration Baking</p>				
Black Forest gateau	<p>Cake base made from scratch (various methods of cake making can be used – recipes vary) Even baking, well-risen and not burnt Well assembled with decorative finishes (including piping)</p>				
Cheesecake (baked)	<p>Base: Crushing biscuits Melting butter Forming base</p> <p>Filling: Beating/whisking eggs, cream cheese and other ingredients Flavouring Baking, cooling (making sure cheesecake is set)</p>				

	Finishing: Applying decorative finishes				
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