

2. Year 10 Curriculum Plan – Food Preparation and Nutrition.

YEAR 10

HALF TERM 2

SUBJECT: Food Preparation and Nutrition

LEARNING



TOPIC	LEARNING OBJECTIVES	KEY VOCABULARY	LEARNING SEQUENCE	LINKED LEARNING	HOME LEARNING
Proteins	Describe the function, source and amount of protein needed in the diet. Understand that there are two types of protein: HBV and LBV. Describe why complementation is important for vegetarians.	Macronutrient High Biological Value Low Biological Value Essential amino acids Non-essential amino acids	Assess the importance of protein in the diet. Explain how a vegetarian ensures that they get 55g-45g of protein per day.	Links to KS3 food and nutrition theory work.	Revise Protein for low stake testing. (Knowledge Organiser)
Fats	Describe the function, source and amount of fat needed in the diet. Understand that there are two types of fat: Saturated and Unsaturated. Describe fat excess and deficiency.	Saturated Unsaturated Obesity Cholesterol	Explain why we need the right amount of fat in our diet.		Revise fats for low stakes testing. (Knowledge Organiser)
Carbohydrates	Describe the function, source and amount of carbohydrate needed in the diet. Understand that there are two types of carbohydrate: Simple and Complex. Describe carbohydrate excess and deficiency.	Insulation Energy Omega 3 and 6 Fibre	Explain the difference and categorise simple and complex carbohydrates.		Revise Carbohydrates for low stakes testing. (Knowledge Organiser)
Vitamins	Describe the function, source and amount of vitamins needed in the diet. Understand that there are two types of vitamins: Fat Soluble and	NSP Roughage	Draw a table of the function and sources of fat soluble and water soluble vitamins.		Revise Vitamins for low stakes testing. (Knowledge Organiser)

<p>Minerals</p>	<p>Water Soluble. Describe vitamin excess and deficiency.</p> <p>Describe the function, source and amount of minerals needed in the diet.</p>		<p>Draw a table of the function and sources of minerals.</p>		<p>Revise Minerals for low stakes testing. (Knowledge Organiser)</p>
<p>Fibre and Water</p>	<p>Describe the function, source and amount of fibre (NSP) needed in the diet. Identify the need for hydration.</p>		<p>Explain the benefits of fibre in the diet. Explain the need for water in the diet.</p>		<p>Revise Fibre and Water for low stakes testing. (Knowledge Organiser)</p>
<p>Healthy Eating Guidelines</p>	<p>Describe each section of the Eatwell Guide. Explain what Reference Intakes are.</p>		<p>Summarise the Eatwell guide.</p>		<p>Revise the Eatwell Guide for low stakes testing. (Knowledge Organiser)</p>
<p>Nutritional needs, nutritional Analysis and planning meals for Different Groups</p>	<p>Describe the nutritional needs of: Toddlers, Children, Teenagers, Adults, Elderly.</p>		<p>Draw a table of the nutritional needs of different age groups. Adapt a recipe to Support a nutritional need.</p>		<p>Revise your table for low stakes testing.</p>
<p>Diet Related health Problems</p>	<p>Explain the following diet related problems and how to prevent them: Obesity, Cardiovascular disease, Anaemia, Diabetes, Rickets, Osteoporosis, and Dental Caries.</p>		<p>Summarise how a poor diet leads to poor health.</p>		<p>Revise your summary for low stakes testing.</p>
<p>Summative Assessment</p>					

TOPIC: Practical	LEARNING OBJECTIVES	KEY VOCABULARY	LEARNING SEQUENCE	LINKED LEARNING	HOME LEARNING
Fresh fruit tarts (with crème patissière)	<p>Shortcrust pastry/pate sucree: Rubbing-in Mixing Forming dough of correct consistency, resting dough Rolling out and lining tin Baking blind</p> <p>Crème patissière: Separating egg white and yolk Make a crème patissière free from lumps and to the required viscosity</p> <p>Topping: Knife skills – neat and well-presented fruit preparation Glaze on fruit – smooth and flowing, not lumpy Well-presented finished dish (colourful and neat)</p>	<p>Shortening</p> <p>Pate sucree</p> <p>Lining</p> <p>Crème Patissiere</p> <p>Glazing</p> <p>Rubbing in</p> <p>Consistency</p> <p>Sautéing</p> <p>Emulsion</p>	Continuation of KS3 practical skills.		<p>Weekly buying, weighing, measuring and packaging of ingredients and equipment. Being fully prepared and organised to take part in weekly practical work.</p> <p>Students will be required to complete a weekly evaluation sheet via Firefly.</p>
Quiche Lorraine (or similar)	<p>Shortcrust pastry: Rubbing-in Mixing</p>				

	<p>Forming dough of correct consistency, resting dough Rolling out and lining tin Baking blind</p> <p>Filling: Knife skills – dicing and slicing vegetables and other ingredients Sautéing, Grating cheese Making egg custard – white and yolk of egg well blended Baking</p>				
<p>Potato salad (focus is on the mayonnaise)</p>	<p>Knife skills – peeling and dicing potatoes Simmering Separating egg white and yolk Make an emulsion with egg yolk and oil – free from splitting Correct viscosity</p>				
<p>Vegetable samosas (<i>making samosa pastry from scratch</i>)</p>	<p>Making samosa dough from scratch Making curry paste from scratch Knife skills – dicing and slicing vegetables Sautéing Rolling out samosa dough Sealing one side of samosa dough by dry frying Forming cone shape, and filling and sealing Use of deep fat fryer</p>				
<p>Carrot cake (uses sunflower oil)</p>	<p>Grating</p>				

	Cake making – an oil based batter Even baking, well-risen and not burnt Well assembled with decorative finishes				
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