

6. Year 10 Curriculum Plan

YEAR 10

HALF TERM 6

SUBJECT Food Preparation and Nutrition

LEARNING



TOPIC: Theory	LEARNING OBJECTIVES	KEY VOCABULARY	LEARNING SEQUENCE	LINKED LEARNING	HOME LEARNING
Revision:				This topic is linked to your learning in KS3.	See Firefly End of Topic Test
Week 1-6	Continue to revise until examination takes place – date to be confirmed		Complete revision sessions and end of unit tests.		
Exam Revision AO1	Revise Food, Nutrition and Health.				
AO2	Revise The Science of Food.				
AO3	Revise Food Spoilage				
AO4	Revise Where Food Comes From				
AO5	Revise Factors Affecting Food choice.				

TOPIC: Practical	LEARNING OBJECTIVES	KEY VOCABULARY	LEARNING SEQUENCE	LINKED LEARNING	HOME LEARNING
Brioche rolls	<p>Making brioche (butter) dough Kneading, proving, knocking back, shaping, glazing, baking</p>		All practical skills are developed from KS3		
Chocolate brownies	<p>Melting method of cake making (<i>other methods also can be used</i>) Folding Baking – still needs to have squidgy texture after baking Cutting into even sized pieces</p>				
Profiteroles/éclairs (choux pastry)	<p>Ensuring fat and water mix come to a rolling boil before adding sifted flour Producing raw choux pastry to the correct consistency (not too stiff nor too runny) Piping into even sized profiteroles/éclair shapes Baking – need to be golden brown and well-risen Filled with appropriate filling, e.g.,</p>				

	<p>crème patissière/crème Chantilly Finishing technique used – e.g. glacé icing, chocolate topping</p>				
<p>Pasta carbonara (with fresh pasta)</p>	<p>Fresh pasta: Making a pasta dough Laminating and cutting to shape Cooking fresh pasta until al dente</p> <p>Carbonara: Sautéing Making sauce without scrambling egg</p>				
<p>Meat stew and dumplings</p>	<p>Stew: Dicing of meat into even pieces Knife skills – dicing and slicing vegetables Making sauce (roux or reduction) Sautéing, simmering</p> <p>Dumplings: Mixing Shaping and forming Steaming over stew sauce Baking</p>				
<p>Caesar salad (with griddled chicken)</p>	<p>Knife skills – slicing and dicing salad ingredients Making Caesar style dressing Making croutons using ready-made bread Butchering whole chicken to use breast Griddling chicken until cooked and still tender</p>				