

Year 10 Food Preparation and Nutrition

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics	H&S Nutrition Lipids	Food Provenance Cooking Methods and Heat transfer Carbohydrates	Micro Organisms and Dairy Energy Protein	Food Choice Dietary Requirements Production and Processing Water Vitamins and Minerals Sensory Evaluations	Technological Developments Packaging, Labelling and Marketing British and International Cuisines Raising Agents NEA1 Practice	NEA2 Practice
Assessment	End of module past exam questions Assessed practical	End of module past exam questions Assessed practical	End of module past exam questions Assessed practical	End of module past exam questions Assessed practical	End of module past exam questions NEA1 Practice	PPE exam NEA2 practice

Building on Prior Learning	Lessons are structured to ensure that all students have a sound base point from which to start from. Students will refine their practical skills, further their knowledge of dietary requirements, commodity groups, food manufacturing and plan scientific experimentation work. Lessons consist of a structured approach, usually with one practical and two theory lessons per week, using the practical lesson to further secure understanding of topics covered.
Links with other subjects	This subject links with Art (designing skills), Business (income, economy, industry) Biology and Chemistry (heat transfer, GM foods, chemical structures, chemical reactions, investigations) English (sensory descriptors, literacy links, extended writing) French (culinary terms), Geography (food provenance and climate), ICT (word processing, research, graphs and data processing), Maths (weights and measures, quantities, costings, graphs, analysis of data), PE (nutrition), RE (religious cultures and cuisines)
Extracurricular opportunities	Visiting speakers and external trips are currently in planning stage Strong links with the Duke of Edinburgh award - use of facilities and assessments
A successful learner in this subject will demonstrate	Be competent in the kitchen using a range of cooking methods and equipment to develop restaurant quality products. A practical and theoretical knowledge base of key concepts such as factors that affect food choice, eating healthily, food manufacture and the science behind the 'how' and the 'why' things happen. Students will have a sound awareness of the social, moral, medical and environmental aspects associated with food.
Impact on personal development	Students will also learn how to research and synthesise information to further support them in year 11 tasks and enable transference of theory to practice in a wide range of opportunities. Students will learn how to work on their own and in a team environment, being responsible for their time management, planning and production. Students are encouraged to minimise food waste and be mindful of their use of resources and ingredients, and have a positive impact on society from a moral and ethical perspective. Furthering this students can go on to study Level 3 Food Science and Nutrition in 6 th form.

Ways to support student learning in this subject

- Weekly provision of ingredients and containers for practical sessions - lists available on ePraise. Tasting what they've made each week and providing feedback in terms of positives and ways to improve
- Support students to cook and wash up regularly at home on their own or with family/friends.
- Monitoring weekly written tasks - set on ePraise
- Read books, magazines and articles about creating food
- Use of media to increase exposure to food related aspects eg. Great British Bake off, Inside the Factory, Eat Well for Less, MasterChef, Quest food industry videos, you tube etc.
- Encourage students to try new foods and encouraging healthy eating at home
- Discuss career opportunities relating to food. In 2017 29.7% of workers in the UK were employed in the public administration, education and health, 18.7% were employed in distribution, hotels and restaurants and 9.3% in



manufacturing and 1.1% in agriculture and fishing. <https://www.ethnicity-facts-figures.service.gov.uk/work-pay-and-benefits/employment/employment-by-sector/latest>