

Year 10 ~ Curriculum Map for Food Preparation and Nutrition

What are the intended aims for this year's curriculum? Food Preparation and Nutrition – Equips students with the knowledge, understanding and skills to be able to feed themselves and others better. Students develop practical cookery skills and techniques as they explore the underlying principles of food science, nutrition, food traditions and food safety.												
Term 1 Commodity group: Fruit and vegetables		Term 2 Potatoes, bread, rice and other starchy carbohydrates.		Term 3 Dairy and alternatives		Term 4 Stand alone topics		Term 5 Beans, pulses, fish, eggs, meat an other proteins		Term 6		
Topic(s): Preparing food and safety The importance of a healthy diet The application of the eight tips for healthy eating How to use the major commodity groups to make a balanced food choice Nutrition Food provenance		Topic(s): How to use the major commodity groups to make a balanced food choice Nutrition Primary and secondary processing of food Food choice		Topic(s): How to use the major commodity groups to make a balanced food choice Advantages and disadvantages of locally produced food		Topic(s): The organoleptic and sensory qualities of food Why and how food is cooked Characteristics of individual cuisines Domestic and commercial food processing and preservation methods		Topic(s): Food and health Macronutrients Classification of foods How to use the major commodity groups to make a balanced food choice		Topic(s): Technological developments within the food industry Food safety and security		
Aim of A&R		Aim of A&R		Aim of A&R		Aim of A&R		Aim of A&R		Aim of EoY exam		
'Big idea(s)' / fundamental concepts Science Knowledge to be learnt Key vocabulary The role of reading and comprehension The role of independent extended writing The role of maths/ numeracy Links to careers/ aspirations	Enzymic browning Oxidisation. Testing for vitamin C Fibre content using a nutritional analysis programme. Nutritional analysis programme. The importance of a healthy diet – fruit and veg		Dietary needs of different life stages Factors affecting food choice Raising agents Caramelisation. The importance of a healthy diet – starchy carbohydrates Primary processing of wheat Secondary processing of flour		The importance of a healthy diet – dairy and alternatives Food provenance Primary processing of milk Processing milk to produce a food product		To understand the changes that happen when food is cooked Setting up taste panels and using appropriate rating, ranking and profile systems Industrial and domestic food processing and preservation The differences between domestic and commercial methods of preservation		The importance of a healthy diet – proteins Food sources and functions of micronutrients Locally produced food Classification of meat, poultry, game, fish How meat is reared/sustainable fishing Food and drinks high in sugar		The importance of fortification. The use of additives Conditions required for the growth of bacteria, moulds and yeast Food labelling The importance of the correct storage and cooking of food Moral, environmental and ethical issues within the food industry How recipes have changed over time	
	To explain how to prevent cross contamination and food poisoning: direct and indirect methods. How to include fruit and veg in a healthy diet, the major diet related diseases and conditions associated with fruit and veg, to include related practical work		To identify dietary needs for different stages of life. To explain religious beliefs and characteristics of individual cuisines. To recognise and identify traditional cooking methods. How to include starchy carbohydrates in a healthy diet, the major diet related diseases and conditions associated with starchy carbohydrates, to include related practical work		To identify the importance of a healthy diet. To identify and explain diet-related diseases linked to dairy (CHD), dental health, bone health (Osteoporosis, high blood pressure). To plan recipes, meals and diets based on nutritional analysis.		To recognise food preparation and cooking methods. To explain changes that can happen to cooked food. To identify the five basic tastes recognised by receptors. Industrial and domestic food processing and preservation using heat, cold, acids, salt, sugar, drying, smoking, control of atmosphere and vacuums. The differences between domestic and commercial methods of preservation		How to include protein in a healthy diet, including complementary proteins The major diet related diseases and conditions associated with food and drinks high in sugar Food provenance and production associated with meat and fish. Classification of sugars		Additives and their functions How preservation inhibits growth of food spoilage and pathogenic bacteria The function of food labelling and how to read labels Food availability and choices to be made about fair trade, food miles, etc Food sustainability How traditional recipes have been adapted to suit modern diets and nutritional advice	
	Cross contamination, Eatwell Guide, Oxidisation, Enzymic browning, Nutritional, Micro-nutrients, Vitamins.		Acids, alkalis, primary processing, secondary processing Raising agents, coeliac Caramelisation.		BMR- Basal metabolic rate, PAL- Physical activity level, Saturated unsaturated, Polyunsaturated, Processed, Shortening Aeration. Plasticity. Emulsification		Rising agents 'chemical, air foam, steam. Gelatinisation Dextrinisation		Gluten, Coagulation, denaturation, sustainable, reared, farmed, grown, monosaccharide, disaccharide, polysaccharide		Preservation Micro-organisms Bacterial growth Fortification	
	Homework research and exam style questions based on the Food Science investigations.		Homework research and exam style questions based on the Food Science investigations.		Homework research and exam style questions based on the Food Science investigations.		Homework research and exam style questions based on the Food Science investigations.		Homework research and exam style questions based on the Food Science investigations.		Homework research and exam style questions based on the Food Science investigations.	
	Independent research explaining the theory behind the results of the .investigation Research and report into the benefits of a healthy diet.		Independent research to explain the characteristics of a chosen cuisine. Extended writing tasks to explain results of practical investigation.		Research into planning meals based on nutritional analysis, explaining suitability Extended writing tasks to explain results of practical investigation.		Written task comparing and contrasting commercial and domestic methods of preservation. Extended writing tasks to explain results of practical investigation.		Independent research into the ethical considerations relating to food. Extended writing tasks to explain results of practical investigation.		Extended writing tasks to explain results of practical investigation. Research into the development of recipes explaining how and why they have changed over time	
	Weighing & measuring, Interpreting examination questions based on tables & charts		Weighing & measuring, Interpreting examination questions based on tables & charts		Weighing & measuring, Interpreting examination questions based on tables & charts. Understanding the Nutritional information, reading charts and graphs.		Weighing & measuring, Interpreting examination questions based on tables & charts		Weighing & measuring, Interpreting examination questions based on tables & charts		Weighing & measuring, Interpreting examination questions based on tables & charts. Understanding the Nutritional information, reading charts and graphs.	
	Food, Preparation and Nutrition key vocabulary. Employment in industry. Nutritionist Dentition Food Scientist Product development.		Food, Preparation and Nutrition key vocabulary. Employment in industry. Nutritionist Dentition Food Scientist Product development.		Food, Preparation and Nutrition key vocabulary. Employment in industry. Nutritionist Dentition Food Scientist Product development.		Food, Preparation and Nutrition key vocabulary. Employment in industry. Nutritionist Dentition Food Scientist Product development.		Food, Preparation and Nutrition key vocabulary. Employment in industry. Nutritionist Dentition Food Scientist Product development.		Food, Preparation and Nutrition key vocabulary. Employment in industry. Nutritionist Dentition Food Scientist Product development.	
	To assess and review topics from term 1		To assess and review topics from term 2		To assess practical skills that have been developed over the course of the rotation.		To assess and review topics from term 4		To assess practical skills that have been developed over the course of the rotation.		To assess and review a combination of topics from the food and DT rotation.	

Core skills	To be able to: - Work in a hygienic manner - Working safely in the kitchen. - Understanding different cooking and preparation methods - Presentation skills -		To be able to: - Work in a hygienic manner - Working safely in the kitchen. - Understanding different cooking and preparation methods - Presentation skills		To be able to: - - Work in a hygienic manner - Working safely in the kitchen. - Understanding different cooking and preparation methods - Presentation skills		To be able to: - Work in a hygienic manner - Working safely in the kitchen. - Understanding different cooking and preparation methods - Presentation skills		To be able to: - Work in a hygienic manner - Working safely in the kitchen. - Understanding different cooking and preparation methods - Presentation skills		To be able to: - explain what kitchen equipment is, what it does and how to care for it understand the importance of nutrition. Preparation for examinations Completing coursework
Dept. enrichment activities		Careers fair		Visit/trip							
Home learning opportunities	https://www.nutrition.org.uk/healthyliving/healthydiet/eatwellvideo.html The Eatwell Guide			https://www.youtube.com/watch?v=UyDqrhQLOHM Food Allergens		Food Safety Design and Technology - Food Preparation and Nutrition - YouTube					GCSE - Food Preparation and Nutrition (9-1) - J309 (from 2016) - OCR OCR Food Preparation and Nutrition overview.