

Food Preparation and Nutrition



Year 10 Curriculum Map



Year 10 – Autumn Term Food Preparation and Nutrition.

Prior Learning	<p>The study of nutrition begins in year 7 at a basic level (introducing the 5 main food groups), develops in year 8 (when knowledge of the 5 food groups is extended further) and knowledge continues to deepen in year 9 when macro and micronutrients are introduced.</p>
What will I learn?	<p>During this first term, pupils will learn all about MACRONUTRIENTS (proteins, carbohydrates and fats), MICRONUTRIENTS (vitamins and minerals), and the role of FIBRE and WATER in the diet.</p> <p>Pupils will also learn how DIETARY REQUIREMENTS change through life and DIET RELATED DISEASES linked to a poor diet.</p> <p>Towards the end of the autumn term, pupils will study WHY FOOD IS COOKED and Methods of Heat Transfer (conduction, convection and radiation).</p> <p>Pupils will also begin to learn about FOOD SCIENCE related to proteins, carbohydrates and fats. New terms such as COAGULATION, DENATURATION, GELATINISATION, DEXTRINISATION, CAMELISATION, EMULSIFICATION etc will all be introduced.</p> <p>The study of these key areas will also lead to many key practical opportunities when pupils will make sweet & sour chicken, chicken and leek pie, Bakewell tart, carrot cake, savoury flan, fats investigation, moussaka, puff pastry sausage rolls, marinated chicken, filleting and deboning a chicken, cheesecake, pappardelle bolognese, potato investigation, lemon meringue pie and custard fruit flan.</p>
How will I be assessed?	<p>Assessment will include white board low stakes recall testing, application of learning to example GCSE questions, SENECA assessments, and Microsoft forms multiple choice tests.</p> <p>Assessment is primarily formative enabling the outcomes to inform future teaching and learning. Summative assessments are carried out at the end of key topics.</p>
Next Steps	<p>During the spring term, cookery skills and practical work will continue to develop further focusing on complex cookery skills.</p> <p>As well as carrying out extensive retrieval practice of learning already covered during the autumn term new learning going forward will include the study of nutritional analysis, raising agents, food spoilage & contamination, food allergies and intolerances and food choices linked to religion.</p>
Opportunities for Independent Learning	<p>Our department has a strong focus and drive to develop independent learners and promote high standards of achievement through making and evaluating dishes.</p> <p>Food encourages pupils to think differently, giving them the ability to work collaboratively and innovatively. As a subject, we aim to promote successful, independent learners, who make excellent progress through an enjoyment of learning.</p> <p>Websites to promote independent learning during the year 10 autumn term in food include:</p> <p>www.foodafactoflife.co.uk https://www.bbc.co.uk/bitesize/subjects/zdn9jhw www.nhs.uk/live-well www.nutrition.org.uk www.food.gov.uk https://senecalearning.com/en-GB/</p>
Personal Development and CEIAG	<p>Nutrition and health: Pupils learn about how dietary needs change through life and how diet related diseases (obesity, cardiovascular disease, type 2 diabetes etc) can impact future health. Pupils learn how to plan healthy meals for different age groups and nutritionally analyse these dishes.</p>

	<p>The study of food spoilage, contamination and bacteria increases pupil's awareness of the main causes of food poisoning. This is excellent education to inform choices when the pupils are buying, storing, preparing and cooking food for their own families later in life.</p> <p>Personal development: pupils learn how to make a range of complex sweet and savoury dishes to cook through life, for their own families in our community.</p> <p>Links to careers in health care, nutrition and dietetics, environmental health and the food/catering industry.</p>
<p>Enrichment Opportunities (Cultural Capital)</p>	<p>There are countless food focused media across all platforms. Some suitable shows that will enhance your cookery skills include:</p> <ul style="list-style-type: none"> • Master Chef: The Professionals • Great British Bake-off • Great British menu • Bake-off: The Professionals • BBC Food Network • The Food Inspectors <p>The subject is inclusive of all pupils from all backgrounds. Pupils are able to share their experiences, which helps to enrich topics such as Food Choices, culture and religion.</p>

	<p>Year 10 – Spring Term Food Preparation and Nutrition.</p>
<p>Prior Learning</p>	<p>The key stage three food curriculum at Fisher More underpins the skills and knowledge taught in more detail at GCSE. The careful planning of the key stage 3 curriculum builds a strong foundation upon which GCSE knowledge can be developed.</p> <p>Topics taught in the spring term including food choice factors and food safety principles have already been covered extensively on a more basic level in key stage three.</p>
<p>What will I learn?</p>	<p>During the spring term, pupils continue to be taught how to effectively plan, prepare, cook and present a wide range of complex dishes in preparation for the application of these complex skills dishes to their controlled assessment in year 10.</p> <p>Topics and specific knowledge covered during the spring term include:</p> <p>Pupils will study the COOKING OF FOOD AND HEAT TRANSFER where they will answer the questions of why food is cooked, how heat is transferred to food and how to select the appropriate cooking methods. Pupils will also learn about NUTRITIONAL ANALYSIS by using online 'explore food' pupils are taught how to create and interpret nutritional labelling information. Pupils will also learn about FACTORS AFFECTING FOOD CHOICE such as types of food choices, influences of food choices, food labelling and marketing, and Allergies and intolerances. Pupils will study the PRINCIPLES OF FOOD SAFETY such as the buying and storing food as well as the preparing cooking and serving food. Pupils will explore different BRITISH AND INTERNATIONAL CUISINES where they will look at traditional cuisines which will help pupils with their NEA 2 in year 11.</p> <p>Pupils will participate in a Mini Mock Non-Exam Assessment (NEA 2) where they will be issued with a task and then have to complete the following sections: analyse the task, Task Analysis, Research the task (case study, annotated images etc), generate ideas, justify final responses to the task, produce a time plan, carry out a practical mock of 2 dishes in 2 hours (over 2 lessons) and then carry out an evaluation/analyse of the task.</p> <p>Pupils will have to ensure that they cover the key concepts for the NEA 2 which are creativity - researching dishes from British and international cuisines, planning & materials – complex skill</p>

	<p>practicals to include Chinese spring rolls, a celebration cake from another culture/religion, Lancashire hotpot, seasonal puff pastry pie, seasonal fruit and cream roulade and 2 course exam dishes etc. Investigations involving Gluten and potato investigation and sensory testing are also part of the spring term curriculum and analysis - analyse and suggest improvements to products made.</p> <p>Pupils will need to carry out these specific skills for NEA 2</p> <ul style="list-style-type: none"> • Practical skills • Analytical and evaluative skills • Communication skills • Research skills • Teamwork
<p>How will I be assessed?</p>	<p>Assessment will include white board low stakes recall testing, application of learning to example GCSE questions, SENECA assessments, and Microsoft forms multiple choice tests.</p> <p>Assessment is primarily formative enabling the outcomes to inform future teaching and learning. Summative assessments are carried out at the end of key topics.</p>
<p>Next Steps</p>	<p>Pupils can look forward to the summer term in food where they will cover the rest of the AQA food specification.</p> <p>Topics that will be covered going forward from this point include food processing & production, food and the environment, food security and smart food technologies.</p>
<p>Opportunities for Independent Learning</p>	<p>Our department has a strong focus and drive to develop independent learners and promote high standards of achievement through making and evaluating dishes.</p> <p>Food encourages pupils to think differently, giving them the ability to work collaboratively and innovatively. As a subject, we aim to promote successful, independent learners, who make excellent progress through an enjoyment of learning:</p> <p>Websites to promote independent learning during the year 10 spring term in food include:</p> <p>www.foodafactoflife.co.uk https://www.bbc.co.uk/bitesize/subjects/zdn9jhv www.food.gov.uk https://senecalearning.com/en-GB/</p>
<p>Personal Development and CEIAG</p>	<p>Pupils learn how to make a range of complex sweet and savoury dishes to cook through life, for their own families in our community with cultural understanding embedded with the food choices topics and international cuisine/culture.</p> <p>Career opportunities are countless and include - Food Styling, Chef, Food Journalism/PR, Nutritionist/Dietician, Buyer, Catering, Education, Environmental health, Hospitality, Sports science, Photography, Food science, Product development.</p>
<p>Enrichment Opportunities (Cultural Capital)</p>	<p>Deep learning is embedded by pupils having the opportunities to practise practical skills and then write an evaluation of the outcomes (this would include scientific reasoning)</p> <p>There are countless food focused media across all platforms. Some suitable shows that will enhance your cookery skills include:</p> <ul style="list-style-type: none"> • Master Chef: The Professionals • Great British Bake-off • Great British menu • Bake-off: The Professionals • BBC Food Network • The Food Inspectors <p>The subject is inclusive of all pupils from all backgrounds. Pupils are able to share their experiences, which helps to enrich topics such as food choices, international cuisine and food religions, all covered during the spring term.</p>



Year 10 – Summer Term Food Preparation and Nutrition.

Prior Learning	<p>The key stage three food curriculum at Fisher More underpins the skills and knowledge taught in more detail at GCSE. The careful planning of the key stage 3 curriculum builds a strong foundation upon which GCSE knowledge can be developed.</p> <p>Topics taught in the summer term - including food processing (PRIMARY & SECONDARY), and the environmental impact of food production have already been covered extensively on a more basic level in key stage three.</p>
What will I learn?	<p>During the summer term, pupils continue to be taught how to effectively plan, prepare, cook and present a wide range of complex dishes in preparation for the application of these complex skills dishes to their controlled assessment in year 10.</p> <p>Topics and specific knowledge covered during the summer term include:</p> <p>Pupils will learn about FOOD SPOILAGE AND CONTAMINATION where they will study micro-organisms, enzymes, food spoilage and how micro-organisms are used in food production. Pupils will also learn about PROCESSING AND PRODUCTION where they will look at food production, technological developments associated with better health and food production in terms of flour, pasta, milk, yoghurt and cheese, and food provenance issues.</p> <p>Pupils will participate in a Mini Mock for NEA 1 where pupils will carry out a food investigation assessment. Pupils will look at the ENVIRONMENTAL IMPACT AND SUSTAINABILITY where they will look at food sources, food and the environment, sustainability of food and food security. Pupils will have to ensure that they cover the key concepts for the NEA 1 which include planning & materials, Analysis – analysing and evaluating outcomes and sustainability – impact of food on the environment.</p> <p>Pupils will need to carry out these specific skills for NEA 1</p> <ul style="list-style-type: none">• Complex Practical skills• Communication skills• Teamwork• Research skills• ICT skills
How will I be assessed?	<p>Assessment will include white board low stakes recall testing, application of learning to example GCSE questions, SENeca assessments, and Microsoft forms multiple choice tests.</p> <p>Assessment is primarily formative enabling the outcomes to inform future teaching and learning. Summative assessments are carried out at the end of key topics.</p>
Next Steps	<p>As pupils progress into year 11 they draw upon the knowledge and skills learnt during year 10 as they embark upon their controlled assessment work worth 50% of their final GCSE grade.</p> <p>The controlled assessment consists of a practical investigation (15%) and a food preparation task (35%).</p>
Opportunities for Independent Learning	<p>Our department has a strong focus and drive to develop independent learners and promote high standards of achievement through making and evaluating dishes.</p> <p>Food encourages pupils to think differently, giving them the ability to work collaboratively and innovatively. As a subject, we aim to promote successful, independent learners, who make excellent progress through an enjoyment of learning:</p> <p>Websites to promote independent learning during the year 10 summer term in food include:</p> <p>www.foodafactoflife.co.uk https://www.bbc.co.uk/bitesize/subjects/zdn9jhw https://sustainablefoodtrust.org/</p>

	https://senecalearning.com/
Personal Development and CEIAG	<p>Pupils learn how to make a range of complex sweet and savoury dishes to cook through life, for their own families in our community with cultural understanding embedded Food Provenance and food choices topics. For example: beliefs, religion, diet, environment and sustainability issues.</p> <p>Career opportunities are countless and include - Food Styling, Chef, Food Journalism/PR, Nutritionist/Dietician, Buyer, Catering, Education, Environmental health, Hospitality, Sports science, Photography, Food science, Product development.</p>
Enrichment Opportunities (Cultural Capital)	<p>Deep learning is embedded by pupils having the opportunities to practise practical skills and then write an evaluation of the outcomes (this would include scientific reasoning)</p> <p>There are countless food focused media across all platforms. Some suitable shows that will enhance your cookery skills include:</p> <ul style="list-style-type: none"> • Master Chef: The Professionals • Great British Bake-off • Great British menu • Bake-off: The Professionals • BBC Food Network • The Food Inspectors <p>The subject is inclusive of all pupils from all backgrounds. Pupils are able to share their experiences, which helps to enrich topics such as food choices, international cuisine and food religions, all covered during the spring term.</p>