

The Big Picture—Intent

Yr. 10 Food Preparation and Nutrition

Our Year 10 Curriculum is designed to build on the knowledge and skills learnt in KS3, and develop our learners to support them in their NEA1, NEA 2 and written exam in year 11.

Students will cover the following: Food Preparation Skills : (practical, knife, Fruit ad veg prep, Use of cooker/equipment, cooking methods, preparing, combining and shaping, sauce making, tenderizing and marinating, dough, raising agents, setting mixtures). Food Health and Nutrition: (macronutrients, micronutrients, nutritional needs and health) Food Science: (Cooking of food and heat transfer, functional and chemical properties of food) Food Safety: (Food spoilage and contamination) Food Choice: (Factors affecting food choice, British and International Cuisine, Sensory evaluation, Food labelling and marketing Food Provenance: (Environmental impact and sustainability of food, food processing and production)

All students are able to access the main content of all lessons and all students will be taught to the top with scaffolding, adaptive teaching and stretch and challenge provided where necessary.

Implementation

- Students have 5 lessons over 2 weeks.
- Students will study a combination of theory and practical lessons throughout year 10.
- Students will be provided with cooking dates at the start of each half term, detailing dates and recipes for the following weeks. They will need to weigh ingredients at home, and be very organised in the storage of ingredients and labelling and collection of their practical outcomes.
- Students purchase a revision guide to support them in home learning and exam revision.
- Seneca is used to support students in embedding their theory knowledge, and with exam revision. The teacher will set specific questions linked to the learning topics.
- Literacy skills are extended through frequent use of key words and the use of subject specific language reiterated throughout the course.
- Numeracy is used in practical activities with weighing and measuring.
- British Values—using school grown apples in cooking experiment. Food miles and seasonality to be a more responsible consumer.

Key Summative Assessments:

- Exercise book – all assessment and subject work is recorded in lessons. Feedback in work book.
- Retrieval homework, live marking and low stakes testing.

Term 1

Practical Assessment

Mock NEA 1

Term 2

Practical Assessment

Mock NEA 2

Term 3

Practical Assessment

Written Mock Exam

Impact: Students will be confident in working in a busy kitchen environment, and will have the skills and knowledge to prepare a wide range of dishes with skills and accuracy. Our students will have a sound understanding of food safety and food hygiene. They will be well prepared with the skills and knowledge to be successful in their Eduqas GCSE Food Preparation and Nutrition course.

FOOD PREPARATION AND NUTRITION

Content	Disciplinary Knowledge (Skills) This is the actions taken within a topic to gain substantive knowledge	Substantive Knowledge This is the specific, factual content for the topic, which is connected into a careful sequence of learning	Prior Learning	Future learning (Y8)
<p>Fruits and Vegetables</p> <p>Fruit Salad Veg and Halloumi Skewers Chicken Stir Fry Strawberry Jam, Victoria Sponge</p>	<p>Knife Skills, Food Safety Grill, Oven Hob, Kettle Thermometer Setting using pectin</p>	<p>Theory of Fruits and Vegetables</p> <p>Students will learn about the stages of processing and production and technological developments to support better health and food production.</p> <p>Knife Safety, bridge claw</p> <p>Students will learn about the food safety principles when buying, storing, preparing, cooking and serving food.</p> <p>Students will learn about the types of bacteria which cause food poisoning and will learn through practical application about the use of microorganisms in food production</p> <p>Macronutrients and Micronutrients</p> <p>Students will learn about the relationship between diet, nutrition and health and the major diet related health risks.</p> <p>NEA 1 Experiment - apples</p> <p>Students will learn about the growth conditions for microorganisms and enzymes and the signs of food spoilage.</p>	<p>Nutrition</p> <p>Knife Safety, use of bridge and claw technique for safe preparation of foods.</p>	<p>Written Exam</p> <p>NEA 1</p>
<p>Dairy</p> <p>Cauliflower Cheese Thai Chicken Curry Chocolate Orange Mousse Keylime Pie Mini Quiche</p>	<p>Thickened sauce— High risk foods Cross Contamination Whisking, denaturation of proteins Rubbing in method</p>	<p>Theory of Dairy</p> <p>Students will learn about the different sources of bacterial contamination and ways to control them and the general symptoms of food poisoning</p> <p>Dietary Requirements NEA 2 Research Task</p> <p>Gelatinisation Coagulation</p>	<p>Macaroni Cheese—roux sauce</p>	<p>Written Exam</p> <p>NEA 2</p>
<p>Cereals</p> <p>White Bread Loaf Focaccia Naan Bread Vegetable Samosas Fresh Pasta , Spinach & Ricotta Ravioli Chelsea Buns</p>	<p>Bread making Weighing and Measuring Shaping dough and pastry Enriched Dough Fresh pasta making</p>	<p>Theory of Cereals</p> <p>Primary and Secondary Processing. Students will learn about where and how ingredients are grown, reared and caught.</p> <p>Food Provenance and Food Waste</p> <p>Students will learn about the environmental issues associated with food and the sustainability of food. You will consider the seasons when selecting ingredients for recipes using fruits and vegetables and using left over food to avoid wastage.</p>	<p>Flour Theory Food Waste</p>	<p>Written Exam</p> <p>NEA 2</p>

FOOD PREPARATION AND NUTRITION

<p>Content</p>	<p>Disciplinary Knowledge (Skills)</p> <p>This is the actions taken within a topic to gain substantive knowledge</p>	<p>Substantive Knowledge</p> <p>This is the specific, factual content for the topic, which is connected into a careful sequence of learning</p>	<p>Prior Learning</p>	<p>Future learning (Y8)</p>
<p>Meat, Fish, Eggs</p> <p>Joint Whole Chicken Marinade Hunters Chicken Chicken Nuggets Rough Puff Pastry, Sausage Rolls</p>	<p>Portioning, Jointing Tenderising Coating Binding Handling pastry</p>	<p>Theory of Meat, Fish, Eggs</p> <p>Develop understanding of types and structure of proteins including high biological value (HBV) and low biological value (LBV).</p> <p>Factors effecting food choice</p> <p>Students will learn about the food choice related to religion, culture, ethical and moral beliefs and medical conditions. You will select, modify and make recipes for different religions, cultures and dietary groups.</p> <p>Food poisoning Cross contamination</p> <p>Students will learn about specific dietary groups including vegetarian and vegan, coeliac, lactose intolerant and high fibre diets and will plan, prepare, cook, modify, and create recipes to meet different dietary groups.</p>	<p>Eggs Theory Chicken Curry Meringues</p>	<p>Written Exam NEA 2</p>
<p>Butters, Oils, Fats, Sugars</p> <p>Chocolate Brownies Carrot Cake Muffins Bakewell Tart Apple Tarte Tatin</p>	<p>Pastry making Melting Whisking Presentation skills</p>	<p>Theory of Butters, Oils, Fats, Sugars</p> <p>Technological Developments</p> <p>Caramelisation</p> <p>Students will learn about why food is cooked and how heat is transferred to food and how the selection of appropriate preparation and cooking methods can conserve or modify nutritive value or improve palatability.</p>	<p>Brownies Muffins</p>	<p>Written Exam NEA 2</p>
<p>Nuts and Seeds</p> <p>Choux Pastry Honey and sesame seed Chicken Flap jacks - choice of seeds to add Lemon and Pine nut Cake Mayonnaise</p>	<p>Pastry making Making a glaze Coating and binding Emulsifying Creaming method Melting method</p>	<p>Theory of nuts and seeds</p> <p>Cultures and Cuisines</p> <p>Develop understanding of traditional ingredients, and how religious or cultural factors affect cuisines</p> <p>Glazing Emulsification</p>	<p>Flapjack</p>	<p>Written Exam NEA 2</p>

The Big Picture—Intent

Yr. 11 Food Preparation and Nutrition

Our Year 11 Curriculum is designed to build on the knowledge and skills developed in year 10, and facilitate them in completing their Non-Exam Assessments (NEA) 1 and 2, and their written exam.

Completion of NEA 1 and NEA 2, and preparation for the written exam at the end of year 11. Students will be prepared with practical skills, organisation, independence, initiative and time management.

All students are able to access the main content of all lessons and all students will be taught to the top with scaffolding, adaptive teaching and stretch and challenge provided where necessary.

Implementation

- Students have 5 lessons over 2 weeks.
- In Term 1, students complete their NEA 1 up until half term deadline.
- October half term to end of Term 2, students complete their NEA 2.
- Term 3 is focused revision in preparation for written exam.
- Seneca is used to set regular homework based on theory revision.
- Students are provided with personal learning checklists in advance of their mock written exams.
- Literacy skills are extended through frequent use of key words and the use of subject specific language reiterated throughout the course.
- Numeracy is used in practical activities with weighing and measuring. It is used widely in NEA for results of the experiment.

Key Summative Assessments:

- Exercise book – all assessment and subject work is recorded in lessons. Feedback in work book.
- Retrieval homework, live marking and low stakes testing.

Term 1

Mock Exam (1 hour)

NEA 1—teacher assessed, externally moderated

Term 2

Mock Exam (1 hour)

NEA 2—teacher assessed, externally moderated

Term 3

GCSE Written Exam

Impact: Students will be confident in working in a busy kitchen environment, and will have the skills and knowledge to prepare a wide range of dishes with skills and accuracy. Our students will have a sound understanding of food safety and food hygiene. Students will be prepared to cook confidently at home, enter a food related work environment, and continue to a KS5 course related to Food and Nutrition. Our students may use their nutritional knowledge to support a sports qualification.

FOOD PREPARATION AND NUTRITION

Content	Disciplinary Knowledge (Skills) This is the actions taken within a topic to gain substantive knowledge	Substantive Knowledge This is the specific, factual content for the topic, which is connected into a careful sequence of learning	Prior Learning	Future learning (Y8)
<p>NEA 1</p> <p>Food Science Investigation</p> <p>The food investigation is a controlled task, completed independently, under informal teacher supervision. Students should be prepared to approach the task confidently and independently, and to personalise their investigation and written report.</p>	<p>Students will investigate the working characteristics and the functional and chemical properties of a particular ingredient through practical investigation.</p> <p>They will produce a report which will include research into 'how ingredients work and why'.</p> <ul style="list-style-type: none"> • Research • Hypothesis • Plan Experiments • Findings • Results • Analysis • References 	<p>Students will investigate the working characteristics and the functional and chemical properties of ingredients through practical investigation.</p>	<ul style="list-style-type: none"> • Year 10 Mock NEA • 3.1 Food Preparation Skills • 3.2 Food, Nutrition and health • 3.3 Food Science • 3.4 Food safety • 3.5 Food choice • 3.6 Food provenance • 3.7 Food preparation and cooking techniques 	<p>Level 3 Applied Certificate in Food Science and Nutrition</p> <p>A Level Home Economics: Food, Nutrition and Health</p> <p>BTEC Level 3 Diploma in Food Science and Nutrition</p>
<p>NEA 2</p> <p>Food Preparation Task</p> <p>Students plan, prepare and cook three dishes, writing up the outcomes with photographic evidence. Understanding and application of nutritional knowledge will be a requirement of all tasks.</p>	<p>In this task, students will prepare, cook and present a final menu of three dishes to meet the needs of a specific context.</p> <p>Students will select appropriate technical skills and processes and create 3 dishes with accompaniments to showcase their skills.</p> <p>They will then produce their final menu within a single period session of 3 hours, planning in advance how this will be achieved.</p>	<p>Students will know about the factors which may influence food choice and when selecting recipes will need to explain and justify their reasons for choice</p> <p>Students will know how to use current nutritional information and data to calculate energy and nutritional value. You will plan, make and modify dishes calculating energy and nutritional values.</p>		
<p>Written Exam Preparation and Revision</p>	<p>Study skills</p>	<p>Theoretical knowledge of food preparation and nutrition .</p>	<p>Year 10 Mock Written Exam</p> <p>Year 11 Mock Written exam 1 and 2</p>	