

Dairy foods

Carrot cake practical

capital

Using vegetables in

sweet dishes.

sugars.

baking

Healthy fats and

Origins and milk/ cheese production and types production. Effect of heat. Value in the diet and healthy eating Safe storage. Primary and secondary processing butter, oils and margarine.

Year 10

Autumn

Term 2

properties

process.

Food commodities

Where food comes from

Breaded chicken practical. Use of chopping board Coating. Seasoning with spices. Knife skills. Baking

> Recall safety using high risk foods and Food poisoning https://www.bbc.co.uk/teach/cl ass-clips-video/foodsafety/zftkjhv

Alternative protein foods, soya, tofu, beans, nuts, seeds. Origins and value in the diet. Types of vegetarians Ovo, pesca, lacto, vegan

Cottage pie sensory testing appearance, flavours, texture

assessment

Flavou Cake f Practi sauce Seaso herbs Sauce	mixtures. iring with spices inishes ical blended ragu with pasta recall oning and use of . Knife skills. reduction national foods Italy	Vegetal peeling Knife sk propert	ble soup ble prepa , thicken jlfs.Judg ies.	N II C	Fruits and vegetables Nutritional benefits Impact of water based methods of cooking on nutrition Primary and secondary processing.			The environment Food miles definition Food packaging and impact on the environment Carbon foot print definition Food waste Global markets Food provenance definition		n	Where food comes from. food commodities. Year 10 Autumn Term 1		
KEY	Senso Appe textu	Cł Cc	Nutrition definitions Macro nutrients Micro nutrients Chart Function / Sources / DRV / Malnutrition Complimentary nutrients Dietary fibre, water					Food security definition Food sustainability definition					
	Cultural	PSHCE		Careers		Literacy focus		Knowledge	and application		DIRT		summative

Demonstration and cottage pie Seasoning and using herbs. Topping, piping, fine dicing vegetables,

making a gravy and thickening by starch. Methods -cooking, saute, boil, simmer, bake. Adjust a cooking

Meat red meat and white meat - Origins

Structure and composition. Effect of heat Value in the diet

And healthy eating. Safe storage. Impact on the environment

Primary secondary processing and curing, impacting sensory