## THE JOURNEY OF LEARNING Yr10 GCSE FOOD PREPARATION AND NUTRITION **Food investigation** practiceNEA1 investigate the working **End of year** characteristics, function assessment Year11 and chemical properties of Investigate Plan the task ingredients in foods. Year 10 Summer Term 2 Demonstration and hypothesize Research types of flour, Analyse and evaluate **DIRT** practical gingerbread Making sugar or fats International time Types of pastry men. The melting choux cuisine Making and shaping a dough method. dough Features, pastry Faults in Fat content and uses. Shorteners, characteristics, Rolling boil pastry plasticity. Demonstration and practical tuna and sweetcorn plait. eating patterns making **Piping** Prepare combine and shape dough. Flaky / puff pastry. Seasoning, setting a mixture, glazing Distinctive Choux Baking blind. ingredients, with egg wash. Testing for readiness. Rady made pastry paste, Nutritional value and making cooking methods, V fresh. Baking. Weighing and measuring. healthier pastries setting a equipment and Year 10 mixture. presentation Weighing Summer techniques. and Traditional and Term 1 measuring. modern variations Demonstration and practical fruit tartlets, making shortcrust pastry, Practical dish from China of recipes, dietary Filling and preparing fruits, to decorate. Custard sauce. Food finish and filling a Chicken skewer with rice and guidelines. tempering pastry case. Testing for readiness. Baking. Weighing and measuring. vegetables. Knife skills. Meal structures chocolate Meat marinade and presentation of Raising **Food commodities** Flour process of production. Types and extraction Grilling. menus. agents. rates. Bread making - Chorley wood process Cereals Adjust a cooking Italy and China Primary and secondary Recall function of yeast and importance of gluten. process. DIRT Primary and secondary processing. processing time Year 10 Where food comes Spring from Term 2 Making pasta. Italy. Practical bread dough with pizza topping Barley, rice, 00 Flour technique to Mid year Prepare combine, shape a dough. Kneading. rye and oats roll and cut using the **Assessment** International food component Italy Sugar, primary pasta machine. Healthy flavours including herbs, spices, vegetables and secondary Boiling in water. processing, Demonstration and practical using eggs Plan balanced diets syrup. Swiss roll with cold filling. Grease and line a tray Dietary goals and RDI, protein, fat, Whisking method. Whipping cream. Ambitions week. Exploring carbohydrate (sugar/starchy), fibre Food Weigh and measure. Lining a tin. Raising agents. and water, for a range of individuals. careers in the food industry. commodities Year 10 Nutrients change with age, lifestyle, Diet and health good health Spring Plan meals for specific groups, age, Term 1 health related issues, religious / Eggs Origins. Structure and composition. Effect of heat moral variations The lion mark and free range eggs V caged hens. Value in the diet High energy diets die to occupation Lasagne and healthy eating. Safe storage. Uses of eggs in cookery or activity. and Demonstration and practical cheese and PAL BMR definitions lavered Practical fish vegetable baked dish. Roux sauce. dishes Paella cooking with rice Fish. Origins. Structure and composition. Effect of heat Complimentary flavours. Weigh and Seasoning, flavouring with Value in the diet and healthy eating measure. Adjust a cooking process. spices. Safe storage Dry frying as an alternative The environment and sustainability - fish to shallow and deep fat frying Alternative Dairy foods protein Origins and milk/ cheese production and types production. foods, soya, Breaded chicken practical. Use of chopping board Effect of heat. Value in the diet and healthy eating tofu, beans, Coating. Seasoning with spices. Knife skills. Baking Safe storage. Primary and secondary processing butter, oils nuts, seeds. Origins and and margarine. Recall safety using high risk value in the foods and Food poisoning diet. **Food commodities** Meat red meat and white meat - Origins https://www.bbc.co.uk/teach/cl Types of Where food comes from Structure and composition. Effect of heat Value in the diet ass-clips-video/foodvegetarians And healthy eating. Safe storage. Impact on the environment safety/zftkjhv Ovo, pesca, Primary secondary processing and curing, impacting sensory lacto, vegan **Year 10** properties Carrot cake practical **Autumn** Cottage pie Using vegetables in Term 2 sensory testing sweet dishes. appearance, Healthy fats and Demonstration and cottage pie Seasoning and using herbs. Topping, piping, fine dicing vegetables, flavours, sugars. making a gravy and thickening by starch. Methods -cooking, saute, boil, simmer, bake. Adjust a cooking texture baking process. Batter mixtures. Where food Flavouring with spices The environment Fruits and vegetables comes from. Cake finishes Food miles definition **Nutritional benefits** Vegetable soup practical food Food packaging and impact on Impact of water based methods of Vegetable preparation dicing, commodities. Practical blended ragu the environment cooking on nutrition peeling, thickening, seasoning. sauce with pasta recall Carbon foot print definition Primary and secondary processing. Year 10 Knife skills.Judge sensory Seasoning and use of Food waste properties. herbs. Knife skills. Autumn Global markets Sauce reduction Term 1 International foods Italy Food provenance definition Sensory evaluation soup Nutrition definitions Macro nutrients Micro nutrients Food security definition Appearance, flavour, Chart Function / Sources / DRV / Malnutrition Food sustainability definition **KEY** Complimentary nutrients texture Dietary fibre, water Careers Cultural **PSHCE** Literacy focus Knowledge and application DIRT summative capital assessment