



International cuisine  
Features, characteristics, eating patterns  
Distinctive ingredients, cooking methods, equipment and presentation techniques.  
Traditional and modern variations of recipes, dietary guidelines.  
Meal structures and presentation of menus.  
Italy and China

**Year 10 Summer Term 1**

Practical dish from China  
Chicken skewer with rice and vegetables. Knife skills.  
Meat marinade  
Grilling.  
Adjust a cooking process.

Demonstration and practical fruit tartlets, making shortcrust pastry, preparing fruits, to decorate. Custard sauce. Food finish and filling a pastry case. Testing for readiness. Baking. Weighing and measuring.

Flour process of production. Types and extraction rates. Bread making - Chorley wood process  
Recall function of yeast and importance of gluten.  
Primary and secondary processing.

**Food commodities**  
**Cereals**  
**Primary and secondary processing**  
**Where food comes from**

Making choux pastry  
Rolling boil  
Piping  
Choux paste, setting a mixture.  
Weighing and measuring.  
Filling and tempering chocolate  
Raising agents.

**Year 10 Spring Term 1**

**Ambitions week. Exploring careers in the food industry.**

**Eggs** Origins. Structure and composition. Effect of heat  
The lion mark and free range eggs v caged hens. Value in the diet and healthy eating. Safe storage. Uses of eggs in cookery

Demonstration and practical cheese and vegetable baked dish. Roux sauce.  
Complimentary flavours. Weigh and measure. Adjust a cooking process.

Practical fish  
Paella cooking with rice  
Seasoning, flavouring with spices.  
Dry frying as an alternative to shallow and deep fat frying

**Fish.** Origins. Structure and composition. Effect of heat  
Value in the diet and healthy eating  
Safe storage  
The environment and sustainability - fish

Plan balanced diets  
Dietary goals and RDI, protein, fat, carbohydrate (sugar/starchy), fibre and water, for a range of individuals.  
Nutrients change with age, lifestyle, health  
Plan meals for specific groups, age, health related issues, religious / moral variations  
High energy diets die to occupation or activity.  
PAL BMR definitions

**Dairy foods**  
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.

**Food commodities**  
**Where food comes from**

**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 properties

Recall safety using high risk foods and Food poisoning  
<https://www.bbc.co.uk/teach/clip-clips-video/food-safety/zftkjhv>

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

Carrot cake practical  
Using vegetables in sweet dishes.  
Healthy fats and sugars.  
baking  
Batter mixtures.  
Flavouring with spices  
Cake finishes  
Practical blended ragu sauce with pasta recall  
Seasoning and use of herbs. Knife skills.  
Sauce reduction  
International foods Italy

**Year 10 Autumn Term 2**

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 process.

Vegetable soup practical  
Vegetable preparation dicing, peeling, thickening, seasoning.  
Knife skills. Judge sensory properties.

**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

**Where food comes from. food commodities.**

**Year 10 Autumn Term 1**

Sensory evaluation soup  
Appearance, flavour, texture

Nutrition definitions Macro nutrients Micro nutrients  
Chart Function / Sources / DRV / Malnutrition  
Complimentary nutrients  
Dietary fibre, water

**Food provenance** definition  
**Food security** definition  
**Food sustainability** definition

**KEY**

	Cultural capital		PSHCE		Careers		Literacy focus		Knowledge and application		DIRT		summative assessment
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