

# Subject Overview Food– Year 10

The Food preparation and nutrition curriculum is structured to develop students' knowledge and understanding of a wide range of topics including nutrition, functional and chemical properties of food, food safety principles, factors affecting food choice, British and international cuisine, sensory evaluation and food preparation skills.

	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Knowledge & Skills	<p><b>Nutrients (23 Lessons)</b> Students will cover all the aspects of nutrition looking into macro (protein, fat, carbohydrates and micro (vitamins and minerals) nutrients. Alongside the theory they will learn practical skills and cook dishes linking to the nutrition knowledge and plan dishes that meet nutritional needs.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>Assessment 1</b> Exam style question paper covering topics</p> <ul style="list-style-type: none"> <li>• Nutrition</li> </ul> </div>	<p><b>Functional and chemical properties of food. (21 Lessons)</b> Students will learn all about food science. They will cover why food is cooked and different methods of heat transfer and cooking methods. They will learn about the functional and chemical properties of food ingredients, cooking dishes that link the science process behind the method. They will cover the functional and chemical properties of protein, carbohydrates, fats and raising agents. Alongside the theory students will learn practical skills and cook dishes linking to their food science knowledge.</p>	<p><b>Functional and chemical properties of food and food investigation task (18 Lessons)</b> Students continue their food science topic. They will then use this new knowledge to carry out a food investigation task. This will be a practice to prepare them for their first NEA in year 11. They will cover how to carry out a task analysis and research the task. They will make a hypothesis, plan their investigations and carry out them out follow fair test procedures and sensory analysis.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>Assessment 2</b> Exam style question paper covering topics</p> <ul style="list-style-type: none"> <li>• Nutrition</li> <li>• Food science</li> </ul> </div>	<p><b>Food spoilage and contamination (12 Lessons)</b> Students will learn all about micro-organisms and enzymes in food, the signs of food spoilage, micro-organisms in food production, bacterial contamination and principles of food safety (buying, storing, preparing, cooking and serving food) Students will carry out a brief for an event and consider the food safety aspects of the event. They will work in groups to plan, prepare and cook meals for this event using the policy that they have created.</p>	<p><b>Factors affecting food choice (15 Lessons)</b> Students will focus of factors such as nutritional needs and health, healthy eating, lifestyle, income, religion, celebrations, ethical and moral beliefs, intolerance and allergies, food labelling and marketing influences. Alongside the theory students will learn practical skills, plan and cook dishes that are suitable for different nutritional needs and/or food choice factors.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>Assessment 3</b> Mock exam Exam style question paper covering topics</p> <ul style="list-style-type: none"> <li>• Nutrition</li> <li>• Food science</li> <li>• Food safety</li> <li>• Food choice</li> </ul> </div>	<p><b>Food Provenance (21 Lessons)</b> Students will cover a range of topics within food provenance (where food comes from) They will then use this knowledge to carry out a food preparation task. This will be a practice to prepare them for their second NEA in year 11. They will cover how to carry out a task analysis and research the task. They will plan, prepare and cook technical dishes. Students will then carry out sensory analysis, costing analysis, nutritional analysis and create a time plan based on their technical dishes. Students will be expected to choose high skill dishes to support them in preparation for year 11.</p>
Beyond The Curriculum	<p><b>Suggested reading</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/612227/Eatwell-Guide-2018.pdf">The Eatwell Guide - GOV.UK</a></li> <li>• <a href="https://illuminate.digital/aqafood/">https://illuminate.digital/aqafood/</a></li> <li>• <a href="https://www.jamieoliver.com/official-website-for-recipes-books-tv-shows-and-restaurants/">Jamie Oliver   Official website for recipes, books, TV shows and restaurants</a></li> </ul>	<p><b>Suggested reading</b></p> <ul style="list-style-type: none"> <li>• Institute of food science and technology - <a href="https://www.instituteoffoodscience.com/">Institute of Food Science and Technology   IFST</a></li> <li>• <a href="https://illuminate.digital/aqafood/">https://illuminate.digital/aqafood/</a></li> </ul>	<p><b>Suggested reading</b></p> <ul style="list-style-type: none"> <li>• Institute of food science and technology - <a href="https://www.instituteoffoodscience.com/">Institute of Food Science and Technology   IFST</a></li> <li>• <a href="https://illuminate.digital/aqafood/">https://illuminate.digital/aqafood/</a></li> </ul>	<p><b>Suggested reading</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.food.gov.uk/food-hygiene-ratings">Search for ratings   Food Hygiene Ratings</a></li> <li>• <a href="https://www.gov.uk/food-safety-your-responsibilities">https://www.gov.uk/food-safety-your-responsibilities</a></li> </ul>	<p><b>Suggested places to visit</b></p> <ul style="list-style-type: none"> <li>• Robertshaws farm shop (Thornton Bradford)</li> <li>• <a href="https://www.goodfood.com.au/recipes-and-cooking-tips/">Good Food   Recipes and cooking tips   Good Food</a></li> </ul>	<p><b>Suggested places to visit</b></p> <ul style="list-style-type: none"> <li>• Robertshaws farm shop (Thornton Bradford)</li> </ul> <p><b>Suggested reading</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.deliciousmagazine.com/">Recipes - 1000s of exciting food recipes for you to try - delicious. magazine</a></li> </ul>