



Year 10 Food Preparation & Nutrition

Subject Leader: Mrs Helen Woodrow

Exam Board: EDUQAS

Food and Nutrition in our school will equip students with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. The curriculum will encourage students to cook and enable them to make informed decisions about a wide range of further learning opportunities and career pathways as well as develop vital life skills that enable them to feed themselves and others affordably and nutritiously, now and later in life promoting social engagement as well as good health and long life. We aim to foster their understanding of the essential role that food plays in society, how to eat well and to share their love of food with others so that they talk passionately about the ingredients and sensory appeal of dishes they cook.

Topics to be covered in Year 10:

| | Term 1 | Term 2 | Term 3 |
|--|---|---|--|
| Topics to be covered: Please note: Topics may take place at different times of the year to allow for use of shared equipment between classes. | Commodities: Bread, cereals, flour, oats, rice, potatoes, pasta (starchy foods) Dairy Soya, tofu, nuts, seeds (LBV protein foods) *Developing practical skills when studying each commodity | Commodities: Meat, fish, poultry, eggs (HBV protein) Fats and sugar Soya, tofu, nuts, seeds (LBV protein foods) *Developing practical skills when studying each commodity Food Science of practicals and practice NEA1 – Food Science Investigation mock | Food Provenance: Food manufacturing Food Science – effect of cooking and the chemical processes Food processing Mock exam: Food Science of practical's and practice NEA1 – Food Science Investigation Mock Exam: Practice NEA 2 (practical exam 2 hours) |
| Key vocabulary | Commodity Physical and chemical changes Complementary action Gelatinisation Dextrinization Gluten formation | Commodity Physical and chemical changes Complementary action Shortening Syneresis Aeration Plasticity Emulsification Coagulation Foam formation Denaturation Maillard reaction Myoglobin | Sensory Nutritional Digestion Food contamination Convection Conduction Radiation Palatability Conserve Micro-organisms Fermentation Primary and secondary food processing Food origins Carbon footprint Global markets Food security Cultures Food modification Stabilisers Preservatives Emulsifiers |
| Skills to be developed | Knowledge and understanding of their function in our diet How to cook them How to store them Where they come from/are grown The chemical processes that result in food spoilage Develop practical skills Knowledge of how to carry out a food investigation and the methods of sensory testing involved in them | Knowledge and understanding of their function in our diet How to cook them How to store them Where they come from/are grown The chemical processes that result in food spoilage Develop practical skills Knowledge of how to carry out a food investigation and the methods of sensory testing involved in them Planning/presentation skills NEA 2 Skills and processes | Knowledge and understanding of how food is: -Grown and reared -Food miles and carbon footprint -Packaging and the environment -Food waste and the environment -Global markets and the communities -Food poverty and food security -Local cuisine Food around the world -primary, secondary and tertiary processing -Changes in sensory properties through processing -Fortification and modified foods -Flavourings, preservatives, colourings, emulsifiers, stabilisers -Additives Develop knowledge of why food is cooked, heat transfer, cooking methods, use of micro-organisms, faults in cooking and baking and chemical processes |

| | Term 1 | Term 2 | Term 3 |
|--|--|--|--|
| Opportunities for revisiting previous learning | Build on NEA work, nutrition and healthy eating from year 7 to 9 | Build on NEA work, nutrition and healthy eating from year 7 to 9 | Some work has been covered when studying the Commodities Cooking of food is covered when preparing food and in the commodities work |
| When will formal assessment of progress take place? | End of topics tests Summative assessment Practical assessment at the end of each topic | End of topics tests Summative assessment Practical assessment at the end of each topic | End of topics tests Summative assessment Practical assessment at the end of each topic End of year exam |

Year 10 Useful Resources

Website Links:

https://www.eduqas.co.uk/qualifications/food-preparation-and-nutrition-gcse/#tab_overview

<https://www.foodfactoflife.org.uk/>

www.bbc.co.uk/bitesize/subjects/zdn9jhv

Marking, Assessment and Feedback

Over the course of an academic year students will complete a number of formal assessments, these will be used to assess where students are in their learning journey.

Information from these assessments could be used when making decisions regarding setting of students, reporting progress home and predicting outcome. Assessment will consist of written and verbal teacher feedback as well as evaluating students' learning through a range of activities including quizzes, class discussions, detailed questioning and other strategies. Through this, students will know where they are in their learning journey and what they need to do next to make further progress.

Teachers will continue to provide planned written feedback on selected pieces of work.

Homework

Homework will be set using the online platform Go 4 Schools.

Homework tasks are designed to prepare students for future learning or consolidate work completed in the classroom. It will be clear what should be handed in, when it should be handed in and how it should be handed in.

Contact Information:

If you would like to contact the Design and Technology Department please email: design@gilberd.com.

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