

	<u>Topic</u>	<u>Key concept – what do I want the students to learn from this unit?</u>	<u>What knowledge will they acquire?</u>
YEAR 10 Food Preparation & Nutrition OVERVIEW			
10 - half term 1	<ul style="list-style-type: none"> Nutrition Energy balance Enzymic browning 	<ul style="list-style-type: none"> Foods contain more than one nutrient. Nutritional analysis BMI / BMR / PAL Prevention of enzymic browning 	<ul style="list-style-type: none"> Function & source of macro & micro nutrients. Diet related diseases Nutritional analysis Relationship between food intake and weight Prevention of enzymic browning
FORMAL ASSESSMENT			
10 – half term 2	<ul style="list-style-type: none"> Diet related issues Raising Agents 	<ul style="list-style-type: none"> Relationship between diet and health Diet related diseases. Food Intolerances Properties of raising agents 	<ul style="list-style-type: none"> Be able to link food intake to disease. How to make a selection of dishes using different raising agent Science of chemical and biological raising agents
FORMAL ASSESSMENT			
10 – half term 3	<ul style="list-style-type: none"> Primary & secondary processing <p>Pastry</p>	<ul style="list-style-type: none"> Food provenance Food processing <p>How to make choux & flaky pastries</p> <p>Food science</p>	<ul style="list-style-type: none"> An awareness of where foods come from and how they are processed for use. Processes Function of ingredients. Science of cooking

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FORMAL ASSESSMENT			
10 – half term 4	Food safety	How to prevent food poisoning	<ul style="list-style-type: none"> • Good practice • Conditions for bacterial growth • Symptoms • Signs of food spoilage • Helpful bacteria • Heat treatment of milk • Milling
	Food commodities	Processing and use of milk & wheat	
FORMAL ASSESSMENT			
10 – half term 5	Social, moral and ethical issues	Current food issues e.g. Sugar tax, veganism	<ul style="list-style-type: none"> • Impact society and ethical issues has on food production and consumption. • Skills and good practice on how to complete NEA's
	Practice controlled assessment	How to complete NEA's	
FORMAL ASSESSMENT			
10 – half term 6	Practice controlled assessment	How to complete NEA's	