



## YEAR 10 GCSE FOOD PREPARATION AND NUTRITION

YEAR	TRINITY 2	MICHAELMAS 1	MICHAELMAS 2	LENT 1	LENT 2	TRINITY 1
10	<p><b>Principles of Nutrition</b></p> <p><b>Macronutrients</b> Protein Carbohydrate Fat</p> <p><b>Micronutrients</b> Vitamins Minerals and trace elements</p> <p>Water Dietary fibre</p> <p><b>Practical Skills</b> 1. Pineapple boats 2. Vegetable cuts 3. Soup and croutons 4. Salad, salad dressing and parmesan crisps 5. Stir fry</p>	<p><b>Fruit and Vegetables (including potatoes)</b></p> <p><b>Provenance</b> Grown food, organic verses non-organic and GM, food choice (cost, food miles seasonality), soil association symbol.</p> <p><b>Processing</b> Primary and secondary, food additives, fortification and preservation, additives and packaging.</p> <p><b>Classification And Nutrition</b> Vitamin C, iron and calcium.</p> <p><b>Dietary Considerations</b> Vegetarians, bone health and healthy blood.</p>	<p><b>Milk, Cheese and Yogurt</b></p> <p><b>Provenance</b> Reared food, environmental issues, sustainability and food security.</p> <p><b>Processing</b> Primary (pasteurisation) and secondary (cheese and yogurt), preservation, additives and packaging.</p> <p><b>Classification and Nutrition</b> Dairy and non-dairy, protein, calcium and vitamin D.</p> <p><b>Dietary Considerations</b> Lactose intolerance, rickets, osteoporosis, heart health and life stages.</p>	<p><b>Bread, Cereals, Flour, Oats, Rice, and pasta</b></p> <p><b>Provenance</b> Grown food, environmental issues, sustainability and food security and red tractor symbol.</p> <p><b>Processing</b> Primary (milling) and secondary (bread making), grain structure and fortification.</p> <p><b>Classification And Nutrition</b> Staple foods, carbohydrate, fibre, thiamine, riboflavin flour and raising agents.</p> <p><b>Dietary Considerations</b> Coeliac disease, high energy needs, life stages, low fibre diet, beri beri, pellagra and food labels.</p>	<p><b>Butter, Oils, Margarine, Sugar and Syrup</b></p> <p><b>Provenance</b> Food miles.</p> <p><b>Processing</b> Primary (oil and sugar) and secondary (margarines, butter, syrup) additives and fortification.</p> <p><b>Classification and Nutrition</b> Energy dense, saturated and unsaturated fats and free sugars.</p> <p><b>Dietary Considerations</b> Type 2 diabetes, dental Caries, obesity, CVD, CHD, life stages, energy, BMR, PAL, portion control, food</p>	<p><b>Meat, Fish, Poultry Eggs</b></p> <p><b>Provenance</b> Reared and caught food, food choice (ethical and food poverty) RSPCA and Marine Stewardship label.</p> <p><b>Processing</b> Primary and secondary processing (cuts of meat, poultry and fish), preservation and packaging.</p> <p><b>Classification and Nutrition</b> Animal types, categories of fish, types of egg, protein, iron iodine and fluoride in fish and omega 3.</p> <p><b>Dietary Considerations</b> Religious beliefs, food choice, culture and life style.</p>



		<p><b>Food Science</b> Enzymic browning, oxidisation and conserving nutrients.</p> <p><b>Food Hygiene And Safety</b> Preparation, best before and use by dates, stock rotation and bagged salads.</p> <p><b>Storage</b> Signs of food spoilage, ambient, chilling, freezing and blanching, food spoilage and food waste.</p> <p><b>Practical Skills</b> 1. Mayonnaise - potato salad 2. Salsa or guacamole 3. Kebabs 4. Poached fruit and custard 5. Sponge fruit gateaux</p>	<p><b>Food Science</b> Positive use of microorganisms – cheese, yogurt, protein coagulation, denaturation and emulsions.</p> <p><b>Food Hygiene And Safety</b> High risk foods and bacteria multiplying.</p> <p><b>Storage</b> Signs of spoilage, food waste, chilling, stock rotation and use by dates.</p> <p><b>Practical Skills</b> 1. Chocolate decorations 2. Tiramisu 3. Trifle 4. Panna cotta 5. American pancakes 6. Macaroni cheese</p>	<p><b>Food Science</b> Gelatinisation, dextrinization, gluten formation, fermentation.</p> <p><b>Food Hygiene And Safety</b> Reheating rice.</p> <p><b>Storage</b> Low risk foods, food spoilage – mould, food waste, best before dates, additives in bread.</p> <p>Exam</p> <p><b>Practical Skills</b> 1. Pasta (cuisine Italy) 2. Lasagne 3. Curry 4. Flat bread 5. Bread</p>	<p>labels.</p> <p><b>Food Science</b> Shortening, aeration, plasticity, emulsification, hydrogenation and caramelisation.</p> <p><b>Food Hygiene And Safety</b> Fats (rancidity) and low risk foods.</p> <p><b>Storage</b> Chilling and ambient temperatures.</p> <p><b>Practical Skills</b> 1. Victoria sandwich cake 2. Gingerbread 3. Swiss roll 4. Bakewell tart 5. Piped biscuits</p>	<p><b>Food Science</b> Connective tissue, coagulation, foam formation, denaturation of protein, positive use of micro organisms and maillard reaction.</p> <p><b>Food Hygiene And Safety</b> High risk foods and food poisoning.</p> <p><b>Storage</b> Signs of spoilage, food waste and storage of different types.</p> <p><b>Practical Skills</b> 1. Cottage pie (cuisine UK) 2. Fish cakes 3. Jointing chicken 4. Quiche 5. Mini pavlovas 6. Choux pastry 7. Rough puff pastry</p>
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Saint Michael's CE High School

*A Church of England Academy*

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