

Year 10 Food Preparation and Nutrition

	Lesson 1 Learning Intentions	Lesson 2 Learning Intentions	Lesson 3 Learning Intentions
Week 1	<ul style="list-style-type: none"> <li>• Introduction into the first commodity – fruits and vegetables including potatoes</li> <li>• To understand and demonstrate good hygiene when handling fruits and vegetables</li> <li>• The importance of fruit and vegetables in the diet</li> <li>• To understand the correct storage of fruits and vegetables</li> <li>• How storage of fruits and vegetables can affect the nutritional values of fruits and vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Understand the concept of provenance and how this commodity is grown.</li> <li>• To understand the different classifications of fruits and vegetables</li> </ul>	Practical lesson – Vegetable soup (skills developed – 1, 2, 5, 6, 8, 9, 19, 20)
Week 2	<ul style="list-style-type: none"> <li>• To investigate the seasonality of fruit and vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Understand the different methods of processing fruits and vegetables</li> <li>• To recognise the different methods of preparing fruit and vegetables</li> <li>• To discuss the different methods of cooking vegetables and the changes that take place during the cooking process</li> </ul>	Practical lesson – pineapple upside-down cake (skills developed – 1, 5, 6, 7, 8, 12, 15, 16, 19, 20)
Week 3	<ul style="list-style-type: none"> <li>• To understand the importance of fruits and vegetable sin the diet</li> <li>• To understand the benefits of eating fruits and vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• To identify the nutritional value of fruit and vegetables</li> <li>• To understand the dietary considerations including; vegetarianism, Bone health and Healthy blood</li> </ul>	Practical lesson – Cauliflower and broccoli cheese (skills developed 1, 5, 6, 9, 11, 12, 13, 19, 20)
Week 4	<ul style="list-style-type: none"> <li>• To understand the key knowledge on enzymic browning and oxidation</li> </ul>	<ul style="list-style-type: none"> <li>• Undertake a simple experiment into enzymic browning and oxidation</li> </ul>	Practical lesson – Fruit smoothie (includes a stock syrup)

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Week 5	<ul style="list-style-type: none"> <li>• NEA Focus and assessment</li> <li>• Introduce a written brief - to understand the interpretation of what is required.</li> </ul>	<ul style="list-style-type: none"> <li>• Conduct an enzymic browning experiment – Can enzymic browning be slowed down or stopped? Does the way in which fruits and vegetables are cut affect their enzymic browning?</li> </ul>	Write up of experiment – Understand the focus of NEA Assessment 1 write up. Focus RESEARCH METHODS
Week 6	Write up of experiment – Understand the focus of NEA Assessment 1 write up. Focus: ANALYSING RESULTS and DRAWING CONCLUSIONS	NEA 2 focus <ul style="list-style-type: none"> <li>• Plan a dish suitable for a diabetic (Cheesecake or carrot cake muffins)</li> </ul>	NEA 2 focus <ul style="list-style-type: none"> <li>• Undertake independently the making of the dish previously planned</li> </ul>
Week 7	NEA 2 focus <ul style="list-style-type: none"> <li>• Understand the use of a nutritional analysis program to calculate nutrients and analyse data</li> </ul>		