

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"> • Introduction into the commodity – cereals. • To understand and demonstrate good hygiene- Linked to food spoilage and high/low risk foods. • How this commodity processed. 	<ul style="list-style-type: none"> • Understand the concept of provenance and how this commodity is grown. • To understand the different classifications of cereals. • Function of ingredients and science behind bread making. 	Practical lesson – Focaccia bread (skills developed – 5, 6, 7, 8, 12, 16, 17, 18, 19, 20)
Week 2	<ul style="list-style-type: none"> • Look further at processing of commodity- including primary and secondary processing. • Storage and food hygiene. 	<ul style="list-style-type: none"> • Look at rice milling and classifications. • Understand differences in plain and wholemeal flours. • Introduce to fibre and function in our diet. 	Practical lesson – Egg Fried rice (skills developed – 1, 2, 5, 6, 9, 10, 19, 20)
Week 3	<ul style="list-style-type: none"> • To understand nutritional values and sources of cereals. • Introduction to dietary considerations linking to cereals (gluten-free, coeliac). 	<ul style="list-style-type: none"> • Understand deficiencies linked to cereal sources. • Functions and daily requirements of cereals in our diet. 	Practical lesson – Vegetable Samosa (skills developed 1, 2, 3, 5, 6, 12, 17, 19, 20)
Week 4	<ul style="list-style-type: none"> • Food Science- coagulation, gluten formation, gelatinisation, dextrinization, retrogradation. • Use of raising agents in cereal recipes. 	<ul style="list-style-type: none"> • Recap on importance of cereals in our diet. • The process of pasta making. • How to cook and store pasta. 	Practical lesson – Spinach & Ricotta ravioli. (skills developed- 2, 5, 6, 8, 9, 17, 18, 19, 20)
Week 5	<ul style="list-style-type: none"> • NEA Focus and assessment • Introduce a written brief - to understand the interpretation of what is required. 	<ul style="list-style-type: none"> • Conduct a yeast experiment – • Write up results and conclusions from experiment. 	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"> • Plan a dish suitable for coeliac (Chocolate Brownie). 	NEA 2 focus <ul style="list-style-type: none"> • Undertake independently the making of the dish previously planned
Week 7	NEA 2 focus		

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	<ul style="list-style-type: none">• Understand the use of a nutritional analysis program to calculate nutrients and analyse data		
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