

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 – Meat, poultry, fish & eggs. • 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 reared. • To understand the different choices of meat and poultry available to the consumer. • Introduce ‘traceability’ linking to the EU law under this commodity. 	Practical lesson – Sweet and sour chicken (skills developed – 1, 2, 5, 6, 9, 13, 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. • Organic/ Non-Organic farming- include red tractor, animal welfare. 	<ul style="list-style-type: none"> • Look at offal- uses and nutritional value. • Understand differences in nutritional value of meat and poultry. • Introduce fat soluble vitamins linking to meat consumption. 	Practical lesson – Lamb Kofta (skills developed – 2, 3, 5, 6, 11, 12, 19, 20)
Week 3	<ul style="list-style-type: none"> • To understand storage for meat and fish products. • Introduction to choosing meat and poultry products. 	<ul style="list-style-type: none"> • Understand composition of meat. • Look at reasons for cooking meat and what happens during the cooking process. 	Practical lesson – Thai Fish cake (skills developed – 1, 2, 3, 5, 6, 8, 10, 13, 15, 19, 20)
Week 4	<ul style="list-style-type: none"> • Food Science- coagulation, gluten formation, gelatinisation, dextrinization, retrogradation. • Look at choices of fish and sustainability. 	<ul style="list-style-type: none"> • To understand preparation and cooking methods for fish. • Look at fish preservation methods. • Look at primary and secondary processing for fish and meat. 	Practical lesson – Spaghetti & Meatballs (skills developed- 1, 2, 5, 6, 9, 13, 19, 20)
Week 5	<ul style="list-style-type: none"> • The nutritional value of fish. • Introduction to eggs and egg farming. • Understanding egg grading. 	<ul style="list-style-type: none"> • Look at egg grading and cooking methods. • Understand the structure of an egg. • To understand the nutritional value of eggs. 	Practical lesson – Parmesan Chicken Nuggets (skills developed- 1, 3, 5, 6, 11, 12, 19, 20)