

## 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>To understand the functional properties of eggs.</li> <li>To look at the structure of an egg.</li> <li>To look at cooking methods of eggs.</li> </ul>	<ul style="list-style-type: none"> <li>To look at the nutritional value of an egg.</li> <li>To design an egg dish considering the cooking and preparation methods and farming type.</li> </ul>	Practical lesson – Spanish Omelette (skills developed – 1, 2, 5, 6, 10, 12, 15, 19, 20)
Week 2	<ul style="list-style-type: none"> <li>Introduction into the commodity – Milk, Cheese &amp; Yoghurt.</li> <li>Dairy as a high-risk food (why is treating milk important?). How should dairy products be stored? Dried, cartons, unopened and opened cans, fresh, frozen, etc.</li> </ul>	<ul style="list-style-type: none"> <li>Debate local versus nationally distributed milk.</li> <li>Understand the cost and impact on milk prices for farmers livelihood. Look at food miles, food wastage and sustainability.</li> <li>Understand nutritional value of dairy products.</li> </ul>	Practical lesson – Mac & Cheese (skills developed – 1, 2, 5, 6, 7, 9, 11, 13, 14, 19, 20)
Week 3	<ul style="list-style-type: none"> <li>How animals are fed, reared and milked.</li> <li>Methods of preserving milk (drying, UHT, pasteurisation) make link to convenience foods.</li> <li>Effect on nutritional content from processing.</li> </ul>	<ul style="list-style-type: none"> <li>The processing of cheese making.</li> <li>Examples of secondary processing- milk to cream, yoghurt, cheese etc.</li> <li>Types of milk, cream, and cheese available to the consumer.</li> </ul>	Practical lesson – Yorkshire Puddings & Onion Gravy (skills developed – 1, 2, 6, 7, 8, 10, 12, 15, 16, 19, 20)
Week 4	<ul style="list-style-type: none"> <li>Nutritional needs through the ages.</li> <li>Protein- High biological value dairy products.</li> <li>Benefits of bacteria in the making of yoghurt, cheese, and other dairy products.</li> </ul>	<ul style="list-style-type: none"> <li>Sources, functions deficiencies, excess, and daily requirements of dairy.</li> <li>Demonstration of butter making and explanation.</li> <li>Compare UHT milk with fresh milk and discuss. (Why is UHT milk less white?)</li> </ul>	Practical lesson – Portuguese Egg Custard Tarts (skills developed- 3, 5, 6, 7, 12, 15, 16, 18, 19, 20)
Week 5	<ul style="list-style-type: none"> <li>Food science- 1) Explain why milk is an emulsion. 2) Denaturation and coagulation of milk proteins.</li> </ul>	<ul style="list-style-type: none"> <li>To look at dairy alternative products.</li> <li>To link dairy alternative products to health trends (vegan diets).</li> </ul>	Practical lesson – Lebanese Spiced Lamb Flatbread (yoghurt)- (skills developed- 1, 3, 5, 6, 11, 12, 19, 20)

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	<ul style="list-style-type: none"> <li>• Making cream, butter, and yoghurt (the science behind it).</li> <li>• Making cheese – use of rennet (curds and whey).</li> </ul>	<ul style="list-style-type: none"> <li>• To look at lactose as an intolerance.</li> <li>• Fat content of milk and heart health.</li> </ul>	
Week 6	<ul style="list-style-type: none"> <li>• Introduction to food allergies.</li> <li>• Understanding food labels.</li> <li>• Recap on heat transfer methods.</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction to the importance of hydration.</li> <li>• Recap on dietary fibre.</li> <li>• Understanding factors affecting food choices.</li> </ul>	Practical lesson- Cheese Scones (skills developed- 3, 5, 6, 7, 12, 16, 17, 18, 19, 20)