

Year 10 Food Preparation and Nutrition

| | Lesson 1 Learning Intentions | Lesson 2 Learning Intentions | Lesson 3 Learning Intentions |
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| Week 1 | <ul style="list-style-type: none"> Sources, functions deficiencies, excess, and daily requirements of dairy. Demonstration of butter making and explanation. Compare UHT milk with fresh milk and discuss. (Why is UHT milk less white?) | <ul style="list-style-type: none"> To look at dairy alternative products. To link dairy alternative products to health trends (vegan diets). To look at lactose as an intolerance. Fat content of milk and heart health. | Practical lesson – Rough Puff Pastry (skills developed – 3, 6, 17 then see sausage roll practical) |
| Week 2 | <ul style="list-style-type: none"> Introduction to the importance of hydration. Recap on dietary fibre. Understanding factors affecting food choices. | <ul style="list-style-type: none"> Introduce Butter, oils, margarines. Recap provenance and introduce how this commodity is grown/reared. Types of fats and oils. | Practical lesson – Sausage rolls (skills developed – 1, 2, 3, 5, 7, 10, 12, 15, 18, 19, 20) |
| Week 3 | <ul style="list-style-type: none"> Introduce saturated and unsaturated fats. Look at the differences between monounsaturated fat and polyunsaturated fats. Functions of fats and oils in cooking. | <ul style="list-style-type: none"> Look at tips for reducing fats in the diet. Nutritional value of fats and oils. Introduce aeration linked to the creaming method. | Practical lesson – Cupcakes- creaming method (skills developed – 2, 6, 7, 8, 12, 15, 16, 19, 20) |
| Week 4 | <ul style="list-style-type: none"> Introduce types of sugar and sweeteners. Look at the differences between monosaccharides and disaccharides. The nutritional value of sugar in the diet. | <ul style="list-style-type: none"> Look at tips to reduce sugar intake. The function of sugar in food preparation and cooking. Introduce key terms that link to sugar and sweeteners. | Practical lesson – Time plan practical- Lasagne (skills developed- 1, 2, 5, 6, 7, 9, 12, 13, 17, 18, 19, 20) |
| Week 5 | <ul style="list-style-type: none"> How should the written work be presented (NEA- Assessment 1). Introduce a practise brief for NEA assessment 1. Show examples of NEA assessment 1 coursework. | <ul style="list-style-type: none"> Independent NEA work with chosen brief. Title of the task, summary of the research methods, hypothesis, plan of action should all be started. | <ul style="list-style-type: none"> Independent NEA work with chosen brief. Examples of experiments and conclusion should be completed along with any missing items from NEA lesson. |

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| Week 6 | <ul style="list-style-type: none">• How should the written work be presented (NEA- Assessment 2).• Introduce a practise brief for NEA assessment 2.• Show examples of NEA assessment 2 coursework. | <ul style="list-style-type: none">• Independent NEA work with assessment 2 brief.• Task description, introduction, research ideas, plan of action, research and analysis of research should all be started. | <ul style="list-style-type: none">• Recipes for trials, reasons for choice, shopping list, small and large equipment and serving dishes, time plan, evaluation for NEA assessment 2. |
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