

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"> To introduce protein alternatives. Understand the nutritional value of pulses and beans. How pulses and beans can be safely stored and cooked. 	<ul style="list-style-type: none"> How can nuts be included in the diet. The nutritional value of nuts. Allergic reactions linked to nuts. Recap previous learning of allergens and labelling. 	Practical lesson – Tropical Fruit & Nut Granola Bars (skills developed – 3, 6, 7, 12, 19, 20)
Week 2	<ul style="list-style-type: none"> The uses and nutritional value of seeds in the diet. The process of producing sunflower oil. The uses and nutritional value of other protein alternatives. 	<ul style="list-style-type: none"> A recap of ethical food choices and introduction to genetically modified foods. Look at fairtrade and red tractor farm assured in more detail. Research and development of food ingredients. 	Practical lesson – Quorn Thai Curry – (skills developed - 1, 2, 4, 5, 6, 7, 9, 10, 13, 19, 20)
Week 3	<ul style="list-style-type: none"> Introduction to cultures and cuisines, British and International. The influences that shape world cuisines/foods. Link different factors affecting food choice to world cuisine. 	<ul style="list-style-type: none"> Origins of food products- link to food provenance. Food miles recap with carbon footprint and tips to reduce food waste. Understand food packaging, sustainability, and food security. To introduce literacy and subject specific terminology through reading activity on sustainability. 	Practical lesson – Biryani (skills developed – 1, 2, 6, 7, 9, 19, 20)
Week 4	<ul style="list-style-type: none"> To introduce convenience foods. Look at advantages and disadvantages of convenience foods. To understand the types and uses of additives used in food preparation and cooking. Look at how the food industry uses marketing and advertising. 	<ul style="list-style-type: none"> To understand the different cake making techniques. To know the proportions of ingredients used in basic cake mixtures. Recap on functional properties of ingredients used in cake mixtures. 	Practical lesson – Choux Pastry (Profiteroles) (skills developed- 6, 7, 12, 16, 17, 18, 19, 20)

Year 10 Food Preparation and Nutrition

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.
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.
Week 7	<ul style="list-style-type: none"> Introduce revision techniques for written exam. 	<ul style="list-style-type: none"> To look at expectations within The Food Preparation Assessment and The Food Investigation Assessment. 	Practical lesson – Practical time-plan (Chicken Kiev) (skills developed- 3, 4, 5, 6, 7, 12, 13, 19, 20)
Week 8	<ul style="list-style-type: none"> To carry out revision using past paper exam questions. 	<ul style="list-style-type: none"> Group led revision-based activities for written exam. Knowledge check of previous learning. 	