

Year 10- Food Preparation and Nutrition (Learning Intentions Half-Term 1)

Week 1	Lesson 1 Learning Intentions	Lesson 2 Learning Intentions	Lesson 3 Learning Intentions
	<ul style="list-style-type: none"> To understand the content and expectations of the course. To look at NEA component 1 and NEA component 2. To recap practical expectations. Review hazards and knife safety. 	<ul style="list-style-type: none"> Introduction into the first commodity – fruits and vegetables including potatoes. To understand and demonstrate good hygiene when handling fruits and vegetables. The importance of fruit and vegetables in the diet. To understand the different classifications of fruits and vegetables. 	<ul style="list-style-type: none"> Understand the concept of provenance and how this commodity is grown. To understand the correct storage of fruits and vegetables. How storage of fruits and vegetables can affect the nutritional values of fruits and vegetables.
		<i>HW- GCSE Pod- Preparing Fruits & Vegetables</i>	<i>AR- Storage of fruits and vegetables</i>
Week 2	Lesson 4 Learning Intentions	Lesson 5 Learning Intentions	Lesson 6 Learning Intentions
	<p>Practical lesson – Vegetable soup (skills developed – 1, 2, 5, 6, 8, 9, 19, 20)</p>	<ul style="list-style-type: none"> To investigate the seasonality of fruit and vegetables. To look at the benefits of shopping for seasonal and local foods. To complete a seasonality calendar for fruits and vegetables. 	<ul style="list-style-type: none"> Understand the different methods of processing fruits and vegetables. To recognise the different methods of preparing fruit and vegetables. To discuss the different methods of cooking vegetables and the changes that take place during the cooking process.

Year 10- Food Preparation and Nutrition (Learning Intentions Half-Term 1)

Week 3	Lesson 7 Learning Intentions	Lesson 8 Learning Intentions	Lesson 9 Learning Intentions
	Practical lesson – Pineapple upside-down cake (skills developed – 1, 5, 6, 7, 8, 12, 15, 16, 19, 20)	<ul style="list-style-type: none"> To understand the importance of fruits and vegetables in the diet. To understand the benefits of eating fruits and vegetables. 	<ul style="list-style-type: none"> To identify the nutritional value of fruit and vegetables. To understand the dietary considerations including vegetarianism, Bone health and Healthy blood.
		AR- Vegetarianism	HW- GCSE Pod- The signs of food spoilage (enzymic browning)
Week 4	Lesson 10 Learning Intentions	Lesson 11 Learning Intentions	Lesson 12 Learning Intentions
	<ul style="list-style-type: none"> To understand the key knowledge on enzymic browning and oxidation. Undertake a simple experiment into enzymic browning and oxidation. 	<ul style="list-style-type: none"> To write up the results from the enzymic browning experiment. To look at exam style questions linked to fruit and vegetables. 	Practical lesson – Apple Crumble (skills developed- 1, 2, 5, 6, 9, 12, 19, 20)
Week 5	Lesson 13 Learning Intentions	Lesson 14 Learning Intentions	Lesson 15 Learning Intentions
	<ul style="list-style-type: none"> Conduct an enzymic browning experiment – Can enzymic browning be slowed down or stopped? Does the way in which fruits and vegetables are cut affect their enzymic browning? 	<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"> Write up of experiment – Understand the focus of NEA Assessment 1 write up. Focus RESEARCH METHODS

Year 10- Food Preparation and Nutrition (Learning Intentions Half-Term 1)

Week 6	Lesson 16 Learning Intentions	Lesson 17 Learning Intentions	Lesson 18 Learning Intentions
	<ul style="list-style-type: none"> Write up of experiment – Understand the focus of NEA Assessment 1 write up. Focus: ANALYSING RESULTS and DRAWING CONCLUSIONS 	<ul style="list-style-type: none"> NEA 2 focus Plan a dish suitable for a diabetic (Cheesecake or carrot cake muffins) 	<ul style="list-style-type: none"> NEA 2 focus Undertake the making of the dish previously planned
		AR- Diabetes & Covid link	
Week 7	Lesson 19 Learning Intentions	Lesson 20 Learning Intentions	Lesson 21 Learning Intentions
	<ul style="list-style-type: none"> NEA 2 focus Understand the use of a nutritional analysis program to calculate nutrients and analyse data 	<i>PAZ LESSON</i>	<ul style="list-style-type: none"> PAZ feedback and conclusion of fruit and vegetable as a commodity.