

Year 10- Food Preparation and Nutrition (Learning Intentions Half-Term 2)

Week 1	Lesson 1 Learning Intentions	Lesson 2 Learning Intentions	Lesson 3 Learning Intentions
	<ul style="list-style-type: none"> • Introduction into the commodity – cereals. • 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 grown. • To understand the different classifications of cereals. Function of ingredients and science behind bread making. 	<p>Practical lesson – Focaccia bread (skills developed – 5, 6, 7, 8, 12, 16, 17, 18, 19, 20)</p>
	AR- Food Spoilage Article	HW- Bread Making Video (GCSE Pod)	
Week 2	Lesson 4 Learning Intentions	Lesson 5 Learning Intentions	Lesson 6 Learning Intentions
	<ul style="list-style-type: none"> • Look further at processing of commodity- including primary and secondary processing. • Storage and food hygiene. 	<ul style="list-style-type: none"> • Look at rice milling and classifications. • Understand differences in plain and wholemeal flours. Introduce to fibre and function in our diet. 	<p>Practical lesson – Egg Fried rice (skills developed – 1, 2, 5, 6, 9, 10, 19, 20)</p>
	HW- (primary and secondary processing) GCSE Pod		
Week 3	Lesson 7 Learning Intentions	Lesson 8 Learning Intentions	Lesson 9 Learning Intentions
	<ul style="list-style-type: none"> • To understand nutritional values and sources of cereals. • Introduction to dietary considerations linking to cereals (gluten-free, coeliac). 	<ul style="list-style-type: none"> • Understand deficiencies linked to cereal sources. • Functions and daily requirements of cereals in our diet. 	<p>Practical lesson – Vegetable Samosa (skills developed 1, 2, 3, 5, 6, 12, 17, 19, 20)</p>
	HW- Coeliac Disease	AR- Beri-Beri OR Pellagra deficiency	

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Week 4	Lesson 10 Learning Intentions	Lesson 11 Learning Intentions	Lesson 12 Learning Intentions
	<ul style="list-style-type: none"> Food Science- coagulation, gluten formation, gelatinisation, dextrinization, retrogradation. Use of raising agents in cereal recipes. 	<ul style="list-style-type: none"> Recap on importance of cereals in our diet. The process of pasta making. How to cook and store pasta. 	Practical lesson – Spinach & Ricotta ravioli. (skills developed- 2, 5, 6, 8, 9, 17, 18, 19, 20)
	AR- Importance of Cereals	HW- GCSE POD X2 (pasta and raising agents)	
Week 5	Lesson 13 Learning Intentions	Lesson 14 Learning Intentions	Lesson 15 Learning Intentions
	<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"> Conduct a yeast experiment – Write up results and conclusions from experiment. 	<ul style="list-style-type: none"> Write up of experiment – Understand the focus of NEA Assessment 1 write up. Focus RESEARCH METHODS
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 coeliac (Chocolate Brownie). 	<ul style="list-style-type: none"> NEA 2 focus Undertake independently the making of the dish previously planned
		AR- Allergies	
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 	<ul style="list-style-type: none"> PAZ LESSON 	<ul style="list-style-type: none"> PAZ feedback and conclusion of cereals as a commodity.

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