

Year 10- Food Preparation and Nutrition (Learning Intentions Half-Term 3)

Week 1	Lesson 1 Learning Intentions	Lesson 2 Learning Intentions	Lesson 3 Learning Intentions
	<ul style="list-style-type: none"> • Introduction into the commodity – Meat, poultry, fish & eggs. • 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 reared. • To understand the different choices of meat and poultry available to the consumer. Introduce ‘traceability’ linking to the EU law under this commodity. 	Practical lesson – Sweet and sour chicken (skills developed – 1, 2, 5, 6, 9, 13, 19, 20)
	<i>HW- GCSE POD (Hygiene & Safety)</i>	<i>AR- Traceability</i>	
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. • Organic/ non-organic farming-include red tractor, animal welfare. 	<ul style="list-style-type: none"> • Look at offal- uses and nutritional value. • Understand differences in nutritional value of meat and poultry. • Introduce fat soluble vitamins linking to meat consumption. 	Practical lesson – Lamb Kofta (skills developed – 2, 3, 5, 6, 11, 12, 19, 20)
	<i>HW- GCSE POD (Organic Farming)</i>		
Week 3	Lesson 7 Learning Intentions	Lesson 8 Learning Intentions	Lesson 9 Learning Intentions
	<ul style="list-style-type: none"> • To understand storage for meat and fish products. • Introduction to choosing meat and poultry products. 	<ul style="list-style-type: none"> • Understand composition of meat. • Look at reasons for cooking meat and what happens during the cooking process. 	Practical lesson – Spaghetti & Meatballs (skills developed- 1, 2, 5, 6, 9, 13, 19, 20)
	<i>HW- Recipe Research (choosing meats)</i>		

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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, caramelisation, gelatinisation, dextrinization, Maillard reaction. Look at choices of fish and sustainability. 	<ul style="list-style-type: none"> To understand preparation and cooking methods for fish. Look at fish preservation methods. Recap at primary and secondary processing for meat and fish. 	Practical lesson – Thai Fish Goujons (skills developed – 1, 2, 3, 5, 6, 8, 10, 13, 15, 19, 20)
	<i>HW- Glossary Food Science</i>		
Week 5	Lesson 13 Learning Intentions	Lesson 14 Learning Intentions	Lesson 15 Learning Intentions
	<ul style="list-style-type: none"> The nutritional value of fish. Introduction to eggs and egg farming. Understanding egg grading. 	<ul style="list-style-type: none"> Look at egg grading and cooking methods. Understand the structure of an egg. To understand the nutritional value of eggs. 	Spicy Middle Eastern Frittata (skills developed – 1, 2, 5, 6, 10, 12, 15, 19, 20)
	<i>HW- Egg Supermarket Research</i>		
Week 6	Lesson 16 Learning Intentions	Lesson 17 Learning Intentions	Lesson 18 Learning Intentions
	PAZ Lesson	Practical lesson – Parmesan Chicken Nuggets (skills developed- 1, 3, 5, 6, 11, 12, 19, 20)	PAZ Feedback
	<i>HW- GCSE POD (Protein)</i>		