

Year 10- Food Preparation and Nutrition (Learning Intentions Half-Term 4)

Week 1	Lesson 1 Learning Intentions	Lesson 2 Learning Intentions	Lesson 3 Learning Intentions
	<b>PAZ revision (Meat, Fish, Cereals, Fruit &amp; Veg)</b>	<b>PAZ Lesson</b>	<b>Spicy Middle Eastern Frittata (skills developed – 1, 2, 5, 6, 10, 12, 15, 19, 20)</b>
	<i>HW- GCSE POD (Revision)</i>		
Week 2	Lesson 4 Learning Intentions	Lesson 5 Learning Intentions	Lesson 6 Learning Intentions
	<ul style="list-style-type: none"> <li>The nutritional value of fish.</li> <li>Introduction to eggs and egg farming.</li> <li><b>PAZ Feedback</b></li> </ul>	<ul style="list-style-type: none"> <li>Look at egg grading and cooking methods.</li> <li>Understand the structure of an egg. To understand the nutritional value of eggs.</li> </ul>	<ul style="list-style-type: none"> <li>Introduction to commodity - Milk, Cheese &amp; Yoghurt.</li> <li>Dairy as a high-risk food (why is treating milk important?).</li> <li>How should dairy products be stored? Dried, cartons, unopened and opened cans, fresh, frozen, etc.</li> </ul>
		<i>HW- GCSE POD (Eggs)</i>	
Week 3	Lesson 7 Learning Intentions	Lesson 8 Learning Intentions	Lesson 9 Learning Intentions
	<ul style="list-style-type: none"> <li>Debate local versus nationally distributed milk.</li> <li>Understand the cost and impact on milk prices for farmers' livelihood. Look at food miles, food wastage and sustainability.</li> <li>Understand nutritional value of dairy products.</li> </ul>	<ul style="list-style-type: none"> <li>How animals are fed, reared and milked.</li> <li>Methods of preserving milk (drying, UHT, pasteurisation) make link to convenience foods.</li> <li>Effect on nutritional content from processing.</li> </ul>	<b>Practical lesson – Mac &amp; Cheese (skills developed – 1, 2, 5, 6, 7, 9, 11, 13, 14, 19, 20)</b>
	<i>HW- Recipe Research (Milk recipes)</i>	<i>AR- Rearing Animals</i>	
Week 4	Lesson 10 Learning Intentions	Lesson 11 Learning Intentions	Lesson 12 Learning Intentions

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	<ul style="list-style-type: none"> <li>• The processing of cheese making.</li> <li>• Examples of secondary processing- milk to cream, yoghurt, cheese etc.</li> <li>• Types of milk, cream, and cheese available to the consumer.</li> </ul>	<ul style="list-style-type: none"> <li>• Nutritional needs through the ages.</li> <li>• Protein- High biological value dairy products.</li> <li>• Benefits of bacteria in the making of yoghurt, cheese, and other dairy products.</li> </ul>	<b>Practical lesson – Portuguese Egg Custard Tarts (skills developed- 3, 5, 6, 7, 12, 15, 16, 18, 19, 20)</b>
		<i>HW- GCSE POD (Making Yoghurt)</i>	
Week 5	Lesson 13 Learning Intentions	Lesson 14 Learning Intentions	Lesson 15 Learning Intentions
	<ul style="list-style-type: none"> <li>• To link dairy alternative products to health trends (vegan diets).</li> <li>• To look at lactose as an intolerance.</li> <li>• Fat content of milk and heart health.</li> </ul>	<ul style="list-style-type: none"> <li>• Food science- 1) Explain why milk is an emulsion. 2) Denaturation and coagulation of milk proteins.</li> <li>• Making cream, butter, and yoghurt (the science behind it).</li> <li>• Making cheese – use of rennet (curds and whey).</li> </ul>	<b>Practical Lesson- Yoghurt Pizza (skills developed- 5, 6, 7, 10, 16, 17, 18, 19, 20)</b>
	<i>HW- GCSE POD (milk into cheese &amp; yoghurt)</i>		