

Year 10- Food Preparation and Nutrition (Learning Intentions Half-Term 5)

Week 1	Lesson 1 Learning Intentions	Lesson 2 Learning Intentions	Lesson 3 Learning Intentions
	<ul style="list-style-type: none"> • How animals are fed, reared and milked. • Methods of preserving milk (drying, UHT, pasteurisation) make link to convenience foods. • Effect on nutritional content from processing. 	<ul style="list-style-type: none"> • Nutritional needs through the ages. • Protein- High biological value dairy products. • Benefits of bacteria in the making of yoghurt, cheese, and other dairy products. 	<ul style="list-style-type: none"> • Sources, functions deficiencies, excess, and daily requirements of dairy. • Demonstration of butter making and explanation • Compare UHT milk with fresh milk and discuss. (Why is UHT milk less white?)
	<i>HW- GCSE POD (Secondary processing of milk)</i>		
Week 2	Lesson 4 Learning Intentions	Lesson 5 Learning Intentions	Lesson 6 Learning Intentions
	<ul style="list-style-type: none"> • Introduction to the importance of hydration. • Recap on dietary fibre. • Understanding factors affecting food choices. 	<ul style="list-style-type: none"> • Introduce Butter, oils, margarines. • Recap provenance and introduce how this commodity is grown/reared. • Types of fats and oils. 	Practical lesson – Rough Puff Pastry (skills developed – 3, 6, 17 then see sausage roll practical)
	<i>HW- GCSE POD (Hydration)</i>		
Week 3	Lesson 7 Learning Intentions	Lesson 8 Learning Intentions	Lesson 9 Learning Intentions
	<ul style="list-style-type: none"> • Introduce saturated and unsaturated fats. • Look at the differences between monounsaturated fat and polyunsaturated fats. • Functions of fats and oils in cooking. 	<ul style="list-style-type: none"> • Look at tips for reducing fats in the diet. • Nutritional value of fats and oils. • Introduce aeration linked to the creaming method. 	Practical lesson – Sausage rolls (skills developed – 1, 2, 3, 5, 7, 10, 12, 15, 18, 19, 20)

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	<i>HW- Recipe Research (Saturated & Unsaturated fats)</i>		
Week 4	Lesson 10 Learning Intentions	Lesson 11 Learning Intentions	Lesson 12 Learning Intentions
	Practical lesson – Cupcakes-creaming method (skills developed – 2, 6, 7, 8, 12, 15, 16, 19, 20)	<ul style="list-style-type: none"> • Introduce types of sugar and sweeteners. • Look at the differences between monosaccharides and disaccharides. • The nutritional value of sugar in the diet. 	<ul style="list-style-type: none"> • Look at tips to reduce sugar intake. • The function of sugar in food preparation and cooking. • Introduce key terms that link to sugar and sweeteners.
	<i>HW- GCSE POD (Aeration)</i>		
Week 5	Lesson 13 Learning Intentions	Lesson 14 Learning Intentions	Lesson 15 Learning Intentions
	<ul style="list-style-type: none"> • An introduction to the time plan section of NEA 2. 	Practical lesson – Time plan practical- Lasagne (skills developed- 1, 2, 5, 6, 7, 9, 12, 13, 17, 18, 19, 20)	<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.
	<i>HW- GCSE POD (Properties of protein)</i>		
Week 6	Lesson 16 Learning Intentions	Lesson 17 Learning Intentions	Lesson 18 Learning Intentions
	<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)	<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.

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	<p><i>HW- Nuts & Seeds</i> WJEC GCSE home economics food and nutrition topic 3 video 9 legumes nuts and seeds (youtube.com)</p>		
Week 7	<p>Lesson 19 Learning Intentions</p> <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. 	<p>Lesson 20 Learning Intentions</p> <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. 	<p>Lesson 21 Learning Intentions</p> <p>Practical lesson – Quorn Thai Curry– (skills developed - 1, 2, 4, 5, 6, 7, 9, 10, 13, 19, 20)</p>
	<p><i>HW- GCSE POD 9 Social, Cultural, Environmental & Ethical issues)</i></p>		