

Food Preparation & Nutrition Year 10

Learning Intentions Summer Term 1

2024-2025

	LESSON 1	LESSON 2	LESSON 3
WEEK 28 wc 21 st April	<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)
WEEK 29 wc 28 th April	<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. 	Practical lesson – Sausage rolls (skills developed – 1, 2, 3, 5, 7, 10, 12, 15, 18, 19, 20)	
WEEK 30 wc 5 th May	<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 – 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.
WEEK 31 wc 12 th May	<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. 	Practical lesson – Low sugar Chocolate Brownies (skills developed – 2, 6, 7, 8, 12, 15, 16, 19, 20)	
WEEK 32 wc 19 th May	<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. 	Practical lesson – Tropical Fruit & Nut Granola Bars (skills developed – 3, 6, 7, 12, 19, 20)	<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.