

Holy Family Catholic School – Faculty of Mathematics

Subject –Food preparation and nutrition

Autumn Half-Term 1

Year 10

Learning Intention	Vocab	Concept	Retrieval	Success Criteria	Red Zone
Week 1 1 - Understanding the course expectations	Expectations, NEA	Course expectations	Knife safety and hazards	<ul style="list-style-type: none"> I can understand the content and expectations of the course. I can understand NEA component 1 and NEA component 2. I am aware of hazards and knife safety. 	Complete the worksheet on knife safety.
2 - Understanding fruit and vegetables	Seasonality, fruits, vegetables, berries, roots, bulbs, diet, portions	Food commodities – fruit and vegetables	Diet, nutrition, healthy eating,	<ul style="list-style-type: none"> I can demonstrate good hygiene when handling fruits and vegetables. I can describe the importance of fruit and vegetables in the diet. I can explain the different classifications of fruits and vegetables. 	Complete the worksheet regarding hygiene and fruit and veg.
3 - Understanding the nutritional value of fruit and vegetables	Seasonality, fruits, vegetables, provenance, storage, decay, freshness	Food nutrition	Storage, decay, freshness	<ul style="list-style-type: none"> I can understand the concept of provenance and how this commodity is grown. I can describe the correct storage of fruits and vegetables. I can explain how the storage of fruits and vegetables can affect the nutritional values of fruits and vegetables. 	Complete the worksheet regarding fruit and veg nutrition and storage.

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Week 2 4 - Practical learning	Safety, skills, planning, recipe, techniques, equipment	Demonstrating practical skills	Safety, skills, planning, recipe, techniques, equipment	<ul style="list-style-type: none"> I can demonstrate effective and safe cooking skills. I can plan, prepare and cook a variety of food commodities. I can demonstrate different cooking techniques and equipment. 	Complete the practical learning lesson demonstration safety awareness and utilising appropriate techniques to complete the task.
5 - Understanding seasonality and food production	Food processing, seasonality, growing, rearing, catching, food miles	Food sourcing	Growing, catching, rearing, seasons, food origins	<ul style="list-style-type: none"> I can describe the concept of food provenance. I can categorise the different food types that are caught, grown and reared. 	Complete the worksheet on seasonality.
Week 3 6- Understanding processing methods	Processing, cutting, cleaning, peeling, chopping	Processing fruit and vegetables	cutting, cleaning, peeling, chopping	<ul style="list-style-type: none"> I can understand the different methods of processing fruits and vegetables. I can recognise the different methods of preparing fruit and vegetables. I can discuss the different methods of cooking vegetables 	Complete the worksheet on preparing and cooking fruit and vegetables.

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7- Practical learning	Safety, skills, planning, recipe, techniques, equipment	Demonstrating practical skills	Safety, skills, planning, recipe, techniques, equipment	<ul style="list-style-type: none"> I can demonstrate effective and safe cooking skills. I can plan, prepare and cook a variety of food commodities. I can demonstrate different cooking techniques and equipment. 	Complete the practical learning lesson demonstration safety awareness and utilising appropriate techniques to complete the task.
8 – Understanding the nutritional content of fruit and vegetables	Portions, nutrition, vitamins, minerals, healthy diet	Food nutrition	nutrition, vitamins, minerals, healthy diet, Eatwell plate	<ul style="list-style-type: none"> I can explain the importance of fruits and vegetables in the diet. I can describe the benefits of eating fruits and vegetables. 	Complete the worksheet on the dietary importance of fruit and vegetables.
Week 4 9- Understanding the nutritional content of fruit and vegetables (continued)	nutrition, vitamins, minerals, healthy diet, Eatwell plate, dietary considerations	Food nutrition	nutrition, vitamins, minerals, healthy diet, Eatwell plate	<ul style="list-style-type: none"> I can identify the nutritional value of fruit and vegetables. I can understand dietary considerations including vegetarianism, bone health and healthy blood. 	Complete the worksheet on the nutritional content of fruit and vegetables.

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10 – Understanding food oxidation	Ripening, browning, oxidation	Food chemistry	Browning, ripening, oxidation	<ul style="list-style-type: none"> I can describe the process of enzymic browning and oxidation. I can conduct a simple experiment into enzymic browning and oxidation. 	Plan and complete a simple experiment to demonstrate the process of enzymic browning and oxidation.
Week 5 11- Understanding and analysing experiment results	Ripening, browning, oxidation, results	Food chemistry	Browning, ripening, oxidation	<ul style="list-style-type: none"> I can collate, analyse and present experiment results. 	Present your results from the oxidation experiment.
12 – Practical learning	Safety, skills, planning, recipe, techniques, equipment	Demonstrating practical skills	Safety, skills, planning, recipe, techniques, equipment	I can demonstrate effective and safe cooking skills. I can plan, prepare and cook a variety of food commodities. I can demonstrate different cooking techniques and equipment to complete an Apple crumble.	Complete the practical learning lesson demonstration safety awareness and utilising appropriate techniques to complete the task.
13 – Food oxidation - continued	Ripening, browning, oxidation,	Food chemistry	Browning, ripening, oxidation	<ul style="list-style-type: none"> I can conduct relevant experiments on food oxidation. 	Plan and complete a simple experiment to demonstrate the process of slowing or stopping enzymic browning and oxidation.

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	Delayed oxidation			<ul style="list-style-type: none"> I can stop or slow enzymic browning. 	
Week 6 14 – NEA Focus – Written briefs	Non exam assessments, briefs	How to satisfy NEA requirements	Food design briefs	<ul style="list-style-type: none"> I can understand a design brief. I can interpret the requirements. I can complete the brief. 	Complete a detailed and relevant design brief.
15 - NEA Focus – Research methods	Non exam assessments, research	How to satisfy NEA requirements	Research, Primary and secondary information, focus groups	<ul style="list-style-type: none"> I can understand the term research. I can conduct relevant research. I can use different research methods. 	Plan and undertake relevant research.
Week 7 16 - NEA Focus – Analysing results	Non exam assessments, results	How to satisfy NEA requirements	Tables, graphs, results	<ul style="list-style-type: none"> I can collate results. I can analyse results. I can draw conclusions from results data. 	Analyse your results and present conclusions using tables, graphs and charts
17 - NEA Focus – Meal planning	safety, skills, planning, recipe, techniques, equipment	How to satisfy NEA requirements	planning, recipe, techniques, equipment timings	<ul style="list-style-type: none"> I can plan specific dishes for different dietary needs. I can produce a recipe and method for the meal - cheesecake or carrot cake muffin. 	Complete a menu and method with timings and amounts for your chosen food item.
18 – Practical learning	Safety, skills, planning, recipe, techniques, equipment	Demonstrating practical skills	Safety, skills, planning, recipe, techniques, equipment	<ul style="list-style-type: none"> I can demonstrate effective and safe cooking skills. I can demonstrate different cooking 	Complete the practical learning lesson demonstration safety awareness and utilising appropriate techniques to complete the task.

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				techniques and equipment to complete a cheesecake or carrot cake muffin.	
Week 8 19 - NEA Focus – Calculating nutritional data	Nutrition, data, data analysis	How to satisfy NEA requirements	Data, nutrition, nutrition analysis	<ul style="list-style-type: none"> I can describe a nutritional analysis. I can analyse nutritional data. 	Complete a nutritional analysis using a recognised nutritional analysis program to generate results.
20 – PAZ					Complete the PAZ assessment