

Year 10 – FOOD & NUTRITION Programme of Study

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Topic 1 - Food safety Revisiting and extending pupils' knowledge of kitchen and food safety:</p> <ul style="list-style-type: none"> • Basic knife skills. • Personal safety. • Foods safety. • Equipment safety. • Food spoilage – yeasts, moulds, enzymes. <p>Topic 2 – Introduction to nutrition and the role of protein in a balanced diet. Extending pupils' knowledge of protein in the diet:</p> <ul style="list-style-type: none"> • What is a nutrient? • Macro nutrients and micronutrients. • Functions and main sources of protein. • High and low biological value proteins. • Protein complementation. • Protein alternatives. <p>Practical Skills: Dishes made may vary but they will be linked to theory.</p> <p>ASSESSMENT: Revision and practice exam questions.</p>	<p>Topic 3 –The functional and chemical properties of protein. Understanding the way in which protein functions in food products:</p> <ul style="list-style-type: none"> • Protein denaturation • Protein coagulation • Gluten formation • Foam formation <p>Practical Skills: Dishes made may vary but they will be linked to theory</p> <p>ASSESSMENT: Practical task – to make a decorated roulade. Theory test on topics covered this term.</p>	<p>Topic 4 – Carbohydrates Understanding the role of carbohydrates in a balanced diet and their functional and chemical properties.</p> <ul style="list-style-type: none"> • Functions and main sources of carbohydrates • Types of carbohydrates • Gelatinisation • Dextrinisation • Caramelisation <p>Topic 5 – Fats and oils Understanding the role of fats and oils in a balanced diet and their functional and chemical properties.</p> <ul style="list-style-type: none"> • Functions and main sources of fats and oils • Types of fats and oils • Shortening • Aeration • Plasticity • Emulsification <p>Practical Skills: Dishes made may vary but they will be linked to theory</p> <p>ASSESSMENT: Revision and practice exam questions.</p>	<p>Topic 6 Nutritional needs and health Helping individuals to make informed choices for a varied and balanced diet.</p> <ul style="list-style-type: none"> • Healthy eating guidelines • Nutritional needs linked to life stages • Dietary needs linked to specific dietary requirements • Planning and modifying recipes • Health risks associated with poor diets. <p>Practical Skills – Dishes made may vary but they will be linked to theory</p> <p>ASSESSMENT: Practical task - choose and make a healthy dish. Written justification for the choice of dish.</p>	<p>Topic 7 - Food Provenance Examining the issues linked to food and the environment.</p> <ul style="list-style-type: none"> • Types of farming – organic, free range and intensive • Sustainable fishing • Advantages and disadvantages of seasonal and locally produced foods • Genetically modified foods. • Food waste • Packaging • Impact of food production on local and global markets. <p>Topic 8 – Mock Non Examination Assessments Preparation for the Non Examination Assessment in Year 11.</p> <p>ASSESSMENT: Mock NEA 1 - Food investigation Investigation using research and experiments to discover the functional and chemical properties of a particular ingredient.</p>	<p>Mock - NEA 2 Food preparation assessment Select, cook and present a series of dishes to meet the needs of a specific group of people.</p> <p>ASSESSMENT: Aspects of the Mock NEA assessments will be marked as the milestone assessment.</p>