

# Year 10 – FOOD & NUTRITION Programme of Study

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