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| **Curriculum Plan for Parents – Year 10** |

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| **Subject** | Food Preparation and Nutrition  <http://www.aqa.org.uk/subjects/food/gcse/food-preparation-and-nutrition-8585> | **Contact Person** | D. Hinson / S. Gilbert |

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| **Half term and topic** | **Your child will learn....** | **Key Homework** | **Assessment** |
| Autumn 1 | Introduction to the course and  outline of the course.  Introduction to NEA:   The Food Investigation (15%).   The Food preparation Task (35%).   The final examination (50%)  **Eatwell Guide.**  Create, prepare, cook and  serve a healthy savoury dish that will  appeal to teenagers and meet the  guidelines on new Eatwell Guide.  **Introduction to Protein**  Create, prepare, cook and  serve a savoury dish containing good  sources of both HBV and LBV  proteins, meets Eatwell guidelines  and demonstrates range of different  skills.  **Carbohydrates**  **Dietary Fibre**  Muffin or cake that you could adapt to increase the fibre and reduce the  sugar.  **Fats in the diet**  Practical Investigation - Fats in  Pastry  Create, prepare, cook and  serve a savoury flan or quiche with a short crust pastry base and reduced fat filling of choice. | Test your Knowledge and understanding of The Eatwell Guide  Completion of lesson log and skills audit  Read about carbohydrates  Find out how much sugar there is  in your food  cupboard or fridge at home.  Test your  knowledge or practice questions on fats. | Plan a day's meals for a teenager based upon the advice of the Eatwell Guide.  Feedback  Assessment of practical work.  Analyse and evaluate findings |
| Autumn 2 | **Micronutrients - Fat Soluble**  **Vitamins**  Create, prepare, cook and  serve a soup, salad or starter rich in  a one of the following vitamins: A, D,  E, K, B1, B2, B3, B9, B12 and C.  **Calcium and Vitamin D**  Create, prepare, cook and  serve a soup, salad or starter  **End of topic test: The Nutrients**  **Mini NEA Food preparation**  **task.**  Research the task.  Plan the meal.  Prepare, cook and serve the meal  Analyse the nutritional value of the meal  Evaluation  **Mini NEA Feedback** | Revise for end of topic  test on the Eatwell Guide and all  macro and micro nutrients and  nutrition studied to date. | Assessment Criteria  for practical work  End of topic test: The Nutrients  Assessed using AQA criteria  Mini NEA Feedback |
| Spring 1 | **The Eatwell Guide and Food Choices**  Investigating Portion sizes.  Create, prepare, cook and serve a suitable dish to meet the dietary needs of a chosen life stage.  **Special Dietary Needs**  1. Vegetarian including vegans.  2. Coeliac.  3. Lactose intolerant.  4. High fibre.  5. Reduced sugar  Create, prepare, cook and  serve layered dessert which has been adapted to meet chosen dietary needs.  **Energy Needs**  Create, prepare, cook and  serve a healthy option Lasagne which is high in energy. | Create a revision mind map of each of the following life stages:  1. Preschool children aged 1-4.  2. School children aged 5-12.  3. Teenagers.  4. Adults.  5. The elderly.  Costing analysis of dish. | Assessment Criteria  for practical work  Assessment Criteria  for practical work |
| Spring 2 | **The Big Six: Dietary Related**  **Illnesses**  **Create, prepare, cook and serve a healthy option meal suitable for a client with a specific dietary**  **related illness**  **End of unit test on nutritional needs**  **and Health.**  **Cooking of foods and how heat is**  **transferred into foods.**  Kebabs, with stir fried or roasted vegetables serve practical activity.  **Functional and chemical properties**  **of foods**  Food Practical Activity: Bread  products – Gluten  **Functional and chemical properties**  **of foods**  1. Shortening e.g. pastry making.  2. Aeration e.g. making a cake.  3. Plasticity e.g. Pastry making.  4. Emulsification e.g. salad dressings  or mayonnaise.  5. Enzyme browning of fresh fruit.  6. Oxidation and preventing vitamin  loss when preparing and cooking  vegetables'  **Raising agents in food today.**  Practical Activity: Raising agents.  Victoria sandwich cake  Lemon meringue pie  Flaky or puff pastry  Chocolate profiteroles  Chelsea buns or hot  cross buns. | Revise for End of unit test on nutritional needs and Health.  Research the different  types of raising agents used in food  today. Find as many different  examples as possible.  Complete end of topic test. | Assessment Criteria  for practical work  End of unit test on nutritional needs and Health.  End of topic test. |
| Summer 1 | **Micro- organisms and enzymes**  **Traditional British soups and bread**  **rolls.**  Make a traditionally British soup which uses locally sourced vegetables and celebrates the best of British cuisine  **Factors which influence food choices**  **Traditional British Cuisine - Main**  **Meals**  British main meals practical. | Plan and make a  traditionally British main meal that  can serve a family of four and cost  less than £10 to make. | Practice questions and test  knowledge. |
| Summer 2 | **International Cuisine**  Mock NEA: International Cuisine Plan, prepare, cook and present two dishes from an International culinary tradition of your choice  Research the task.   Plan the meal.   Prepare, cook and serve the  meal and any possible accompaniments showcasing  technical skill.   Analyse the nutritional value  of the meal and evaluate the  success of meal.  End of year 10 exam | Revise for End of year 10 exam | Mock NEA Task brief  Assessment criteria  NEA task 2  Year 10 exam |