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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 andoutline of the course.Introduction to NEA: The Food Investigation (15%). The Food preparation Task (35%). The final examination (50%)**Eatwell Guide.**Create, prepare, cook andserve a healthy savoury dish that willappeal to teenagers and meet theguidelines on new Eatwell Guide.**Introduction to Protein**Create, prepare, cook andserve a savoury dish containing goodsources of both HBV and LBVproteins, meets Eatwell guidelinesand demonstrates range of differentskills.**Carbohydrates****Dietary Fibre**Muffin or cake that you could adapt to increase the fibre and reduce thesugar.**Fats in the diet**Practical Investigation - Fats inPastryCreate, prepare, cook andserve 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 GuideCompletion of lesson log and skills auditRead about carbohydrates Find out how much sugar there isin your foodcupboard or fridge at home.Test yourknowledge or practice questions on fats. | Plan a day's meals for a teenager based upon the advice of the Eatwell Guide.FeedbackAssessment of practical work.Analyse and evaluate findings |
| Autumn 2 | **Micronutrients - Fat Soluble****Vitamins**Create, prepare, cook andserve a soup, salad or starter rich ina one of the following vitamins: A, D,E, K, B1, B2, B3, B9, B12 and C.**Calcium and Vitamin D**Create, prepare, cook andserve 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 mealAnalyse the nutritional value of the mealEvaluation**Mini NEA Feedback** | Revise for end of topictest on the Eatwell Guide and allmacro and micro nutrients andnutrition studied to date. | Assessment Criteriafor practical workEnd of topic test: The NutrientsAssessed using AQA criteriaMini 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 sugarCreate, prepare, cook andserve layered dessert which has been adapted to meet chosen dietary needs.**Energy Needs**Create, prepare, cook andserve 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 Criteriafor practical workAssessment Criteriafor 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: Breadproducts – 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 dressingsor mayonnaise.5. Enzyme browning of fresh fruit.6. Oxidation and preventing vitaminloss when preparing and cookingvegetables'**Raising agents in food today.**Practical Activity: Raising agents.Victoria sandwich cakeLemon meringue pieFlaky or puff pastryChocolate profiterolesChelsea buns or hotcross buns. | Revise for End of unit test on nutritional needs and Health.Research the differenttypes of raising agents used in foodtoday. Find as many differentexamples as possible.Complete end of topic test. | Assessment Criteriafor practical workEnd 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 atraditionally British main meal thatcan serve a family of four and costless than £10 to make. | Practice questions and testknowledge. |
| Summer 2 | **International Cuisine**Mock NEA: International Cuisine Plan, prepare, cook and present two dishes from an International culinary tradition of your choiceResearch the task. Plan the meal. Prepare, cook and serve themeal and any possible accompaniments showcasingtechnical skill. Analyse the nutritional valueof the meal and evaluate thesuccess of meal.End of year 10 exam | Revise for End of year 10 exam | Mock NEA Task briefAssessment criteriaNEA task 2Year 10 exam |