

Curriculum Map: Year 10 Food Preparation and Nutrition



	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Topic	Food Science	Food science and Food safety	Nutrition	Nutrition and Food Choices	Food provenance	Practice NEA 2
Intent	To have an understanding of the science behind the development and cooking of food products To develop existing, and learn new cooking skills	To understand the role of micro-organisms in food production and how to keep food safe to eat. To develop existing, and learn new cooking skills	Deepen knowledge and understanding of nutrients, their impact on health at different life stages and what the major diet related health risks are To develop existing, and learn new cooking skills	To appreciate and understand the complexity of food choices that people make. To develop existing, and learn new cooking skills	To have a K&U of the journey of food from source to fork and the impact food production has on the planet To develop existing, and learn new cooking skills	To become familiar and understand the NEA coursework process and demands in readiness for Y11
Key Knowledge	Food Science Why we cook food Methods of cooking Coagulation Enzymic browning Dextrinisation Emulsification Caramelisation Gelatinisation	Food safety Micro-organisms and enzymes The signs of food spoilage Micro-organisms in food production Bacterial contamination Buying and storing food Preparing, cooking and serving food	Nutrition – for each of the nutrients K&U of function, sources, excess and deficiency is needed Macronutrients – protein fat and carbohydrate Micronutrients – Vitamins and minerals.	Nutrition Dietary needs at different ages. Major Health risks Food choice Factors that influence food choice Food choices Food labelling and marketing influences British and international cuisine Sensory evaluation	Food provenance Food and the environment Food sources Sustainability of foods	Components in NEA coursework Researching the task Demonstrating technical skills Planning the final menu Making the final dishes Analyse and evaluate
Key Skills	Cooking Cake making methods Creaming Rubbing in Whisking Melting Breadmaking Science based investigations	Cooking Making marinades Adapting recipes Knife skills Cooking with meat and meat alternatives Reduced sauces Frying Emulsification – desserts Boiling simmering All in one sauce Knife skills Presentation skills	Cooking Making chutney – boil /simmer Knife skills Making yogurt Braising Frying Meat and alternatives Shaping / forming Deboning chicken	Cooking Knife skills Cooking with meat / meat alternatives Boiling Simmering Baking frying	Cooking Stir fry Knife skills Breadmaking batters Meat cooking Whisking /foams Cooking with fish	Research, interpret, analyse, evaluate Cooking Students select own dishes to cook – need to demonstrate medium and high skills

Key Vocabulary	Creaming, whisking, melting, rubbing in, knead, prove, hypothesis, predict coagulation, enzymic browning dextrinisation, Emulsification Caramelisation, Gelatinisation	Micronutrient, macronutrient, function source, deficiency, excess Adapt/modify Health risk, dietary needs Nutritional analysis	Micro-organism, bacteria, contamination, food poisoning, food probe	Marketing, nutritional analysis, legal requirement, cuisine	Grown, caught reared, sustainability, carbon footprint, food miles, organic, GM (Genetically Modified), fairtrade	Research, interpret, develop, analyse, evaluate
Key Reading	About Food - a fact of life - Food A Fact Of Life Illuminate GCSE Food Preparation and Nutrition – Anita Tull and Garry Littlewood CGP GCSE AQA Food Preparation and Nutrition + Revision guides	About Food - a fact of life - Food A Fact Of Life Illuminate GCSE Food Preparation and Nutrition – Anita Tull and Garry Littlewood CGP GCSE AQA Food Preparation and Nutrition + Revision guides	About Food - a fact of life - Food A Fact Of Life Illuminate GCSE Food Preparation and Nutrition – Anita Tull and Garry Littlewood CGP GCSE AQA Food Preparation and Nutrition + Revision guides	About Food - a fact of life - Food A Fact Of Life Illuminate GCSE Food Preparation and Nutrition – Anita Tull and Garry Littlewood CGP GCSE AQA Food Preparation and Nutrition + Revision guides	About Food - a fact of life - Food A Fact Of Life Illuminate GCSE Food Preparation and Nutrition – Anita Tull and Garry Littlewood CGP GCSE AQA Food Preparation and Nutrition + Revision guides	About Food - a fact of life - Food A Fact Of Life Illuminate GCSE Food Preparation and Nutrition – Anita Tull and Garry Littlewood CGP GCSE AQA Food Preparation and Nutrition + Revision guides
End Point	Students develop a knowledge and understanding of food science through practical activities and develop new baking skills	Build and deepen their knowledge of food science and that of food safety through a range of practical activities and tasks	Students will build and deepen their knowledge and understanding of Nutrition and develop their cooking skills though linked practicals	Students will develop their K&U of nutrition through linking it to food choices that people make. Cooking skills embedded and developed through linked practicals	Students will have a knowledge and understanding of where our food comes from. Cooking skills embedded and developed through the linked practicals and linked activities	Completed NEA
Form of Assessment	Exam style questions – multiple choice, extended responses Assessed science investigation	Exam style questions – multiple choice, extended responses	Exam style questions – multiple choice, extended responses	Exam style questions – multiple choice, extended responses	Exam style questions – multiple choice, extended responses	Assessed mock NEA
Enrichment Opportunities	Visit the school kitchens					
Leadership Opportunities	Group work Reporting back to class Student to student support when cooking / learning					