



The Sutton Academy

Knowledge Rich Curriculum Plan

Year 10 Food Preparation & Nutrition

Date	Theory	Practical	Intended Knowledge / Learning Objective	Tiered Vocabulary (Tier 2 / Tier 3 with definitions)	Difficult Concepts / Teacher Notes
01/09/2025	Protein	–	To understand the role of protein in the diet, sources, and functions.	Function: What something does. Amino Acids: Building blocks of proteins. Denaturation: Structural change from heat/acids.	Denaturation may confuse. <i>“Heat or acids change protein structure, making it firm.”</i>
08/09/2025	Victoria Sandwich	Decorate Victoria Sandwich	To apply the creaming method while revising protein's role in structure and decoration skills.	Method: Way of doing something. Creaming: Beating fat and sugar. Structure: How something is built.	Creaming importance. <i>“Creaming traps air for a light sponge.”</i>
15/09/2025	Fats	Doughnut Muffins	To understand functions of fats in diet and baking (texture, aeration, flavour).	Function: Job or purpose. Shortening: Tender crumb in baking. Aeration: Adding air.	Shortening may be new. <i>“Fat coats flour, stopping gluten strands sticking too much.”</i>
22/09/2025	Carbohydrates	Chocolate Brownie Cake	To explain carbohydrate types and role in energy, and apply aeration.	Energy: Power from food. Starch: Complex carb. Sugars: Simple carbs.	Types may confuse. <i>“Starches give slow energy, sugars are quick.”</i>
29/09/2025	Carbohydrates	Scones	To compare simple and complex carbs while applying rubbing-in method.	Compare: Find similarities/differences. Rubbing-in: Mixing fat into flour. Texture: How it feels or tastes.	Rubbing-in may be tricky. <i>“Stop when it looks like breadcrumbs.”</i>
06/10/2025	Vitamins – Fat Soluble	Seasonal Cookery	To identify fat-soluble vitamins (A, D, E, K) and explain seasonal ingredient use.	Source: Where something comes from. Fat-Soluble: Stored in body fat. Seasonal: Best in certain seasons.	Storage concept. <i>“Fat-soluble vitamins can build up in body.”</i>
13/10/2025	Vitamins – Water Soluble / Minerals and Trace Elements	–	To explain water-soluble vitamins (B, C) and key minerals and trace elements.	Absorb: Take in. Water-Soluble: Not stored, need daily. Trace Elements: Needed in tiny amounts.	Confusing names. <i>“Water-soluble wash out in urine; minerals build bones/blood.”</i>
20/10/2025	Fibre & Water	Assessment and Feedback	To describe fibre's role in digestion and the importance of hydration.	Hydration: Having enough water. Fibre: Helps move food through gut. Digestion: Breaking food down.	Fibre role unclear. <i>“Fibre isn't digested but keeps gut healthy.”</i>

10/11/2025	Nutritional Needs of Different Age Groups	Sizzling Stir-Fry	To explain how nutritional needs change across life stages while practising stir-fry technique.	Life Stages: Age periods. Nutrient: Substance needed for health. Adapt: Change to suit needs.	Life stages may be abstract. <i>"Babies need growth nutrients, elderly need easy to chew."</i>
17/11/2025	Diet Related Health Problems	Salt and Pepper Chicken	To identify diet-related diseases and apply safe handling and seasoning.	Disease: Illness. Obesity: Too much body fat. Diabetes: Problem controlling blood sugar.	Link food to health. <i>"Too much sugar, fat, salt leads to health issues."</i>
24/11/2025	Energy Needs	Homemade Burgers/Buns	To calculate energy needs and apply shaping and portioning.	Energy: Power from food. Basal Metabolic Rate (BMR): Energy at rest. Physical Activity Level (PAL): Energy used in activity.	BMR/PAL confusion. <i>"BMR is minimum energy; PAL adds movement."</i>
01/12/2025	Nutritional Analysis	Sausage Rolls (Festive)	To interpret nutrition labels and analyse recipes for nutritional content.	Analysis: Breaking down info. Label: Package info. Nutritional Value: Health benefits.	Labels may overwhelm. <i>"Check calories, sugar, salt per serving."</i>
08/12/2025	Planning Meals for Different Groups	Chocolate Trees (Pastry) or Gingerbread People	To plan balanced meals meeting needs of different groups while applying shaping and decoration.	Planning: Deciding steps. Balanced Meal: Right nutrients. Decoration: Making food look good.	Balancing may confuse. <i>"Include carbs, protein, veg, dairy, fats."</i>
15/12/2025	Planning Meals for Different Groups	Assessment Lesson	To apply planning principles and evaluate dishes for different dietary needs.	Evaluation: Judging quality. Suitability: How well it fits. Adapt: Change to meet needs.	Adaptation ideas may be hard. <i>"How would you change for vegetarian, allergy?"</i>
05/01/2026	Why Food is Cooked and Heat Transfer	Meat Samosa	To explain reasons for cooking food and describe conduction, convection, radiation.	Reason: Why we do it. Conduction: Heat through solids. Convection: Heat through liquids/gas.	Transfer types confuse. <i>"Conduction: pan to food. Convection: oven air."</i>
12/01/2026	Cooking Methods – Fat Based	Mini Lemon Meringue (2 lessons)	To compare fat-based cooking methods (shallow fry, bake) and apply pastry and meringue techniques.	Method: Way of doing. Shallow Fry: Cooking in little oil. Baking: Cooking in dry heat.	Shallow vs deep fry. <i>"Shallow uses less oil in pan."</i>

19/01/2026	Cooking Methods – Dry Methods	Puff Pastry + Cinnamon Swirls	To compare dry cooking methods (bake, grill, roast) while practising lamination and shaping.	Method: Way of doing. Bake: Dry heat in oven. Lamination: Folding layers.	Lamination may be tricky. <i>“Fold butter in layers for puff.”</i>
26/01/2026	Cooking Methods – Dry Methods	Puff Pastry Chicken Pie	To apply dry heat baking while preparing pie with puff pastry and savoury filling.	Preparation: Getting ready. Sealing: Closing edges. Portioning: Dividing evenly.	Sealing edges may confuse. <i>“Press with fork to close pastry.”</i>
02/02/2026	Changing Properties – Proteins	Chocolate Eclairs (2 lessons)	To explain denaturation and coagulation of proteins while making choux pastry and custard.	Change: Become different. Denaturation: Proteins unfold. Coagulation: Proteins set.	Protein change hard. <i>“Heat changes eggs from runny to set.”</i>
09/02/2026	Changing Properties – Carbohydrates	Assessment Lesson	To explain gelatinisation and caramelisation in recipes and apply evaluation skills.	Process: Series of steps. Gelatinisation: Starch thickens with heat. Caramelisation: Sugar browns.	Gelatinisation may be tricky. <i>“Starch + liquid + heat = thick sauce.”</i>
23/02/2026	Raising Agents	Potato Bake	To identify types of raising agents (biological, chemical, mechanical) and apply layering techniques.	Agent: Makes something happen. Biological: Yeast-based. Mechanical: Air by beating.	Types may confuse. <i>“Biological = yeast. Chemical = baking powder. Mechanical = whisking.”</i>
02/03/2026	Use of Microorganisms	Garlic Bread – Own Garlic Butter	To explain positive uses of microorganisms in food (cheese, yoghurt, bread) and practise shaping and spreading.	Use: How something helps. Fermentation: Microbes produce gas/alcohol. Culture: Bacteria added to food.	Fermentation may be new. <i>“Yeast makes bread rise by gas.”</i>
09/03/2026	Food Spoilage	Storing Food Safely	To identify signs of spoilage and explain safe storage techniques.	Spoilage: Going bad. Contamination: Unwanted substances. Temperature Control: Keeping food safe.	Temp danger zone key. <i>“5–63°C is where bacteria grow fast.”</i>
16/03/2026	Storing Food Safely	Macaroni Cheese	To apply safe storage and reheating guidelines while preparing pasta bake.	Storage: Keeping food safe. Labelling: Info for safety. Chill: Cool quickly.	Labeling may confuse. <i>“Date, contents help avoid spoilage.”</i>

23/03/2026	Preparing Food Safely	Risotto	To practise safe chopping and even cooking techniques while applying hygiene rules.	Preparation: Getting ready. Cross-Contamination: Spread of bacteria. Hygiene: Keeping clean.	Cross-contam may confuse. <i>"Use separate boards for raw meat."</i>
30/03/2026	Assessment and Feedback	Mini Egg Cookies	To consolidate knowledge, address misconceptions and apply even portioning and shaping.	Feedback: Advice to improve. Portioning: Dividing evenly. Shaping: Forming dough.	Portioning may confuse. <i>"Equal sizes = even baking."</i>
20/04/2026	Grown Food	Chicken Disassembly	To identify foods grown and apply safe butchery skills and jointing techniques.	Source: Where it comes from. Butchery: Cutting meat. Jointing: Separating parts.	Knife safety critical. <i>"Claw grip, keep fingers safe."</i>
27/04/2026	Reared Food	Chicken Goujons & Wedges	To explain reared food production and practise breadcrumbing and baking.	Reared: Raised for food. Breadcrumbing: Coating in crumbs. Cooking Method: Way to heat.	Raw chicken safety. <i>"Wash hands, separate boards."</i>
04/05/2026	Caught Food	Chicken Biryani	To describe caught food sources and apply layering and seasoning in rice cookery.	Source: Where it comes from. Layering: Arranging in levels. Seasoning: Adding flavour.	Layering may be new. <i>"Build layers of rice and spices."</i>
11/05/2026	Food Miles and Carbon Footprint	Sweet and Sticky Thighs/Wings with Classic Slaw	To explain food miles and carbon footprint while applying marinating and chopping skills.	Miles: Distance travelled. Carbon Footprint: Environmental impact. Marinating: Flavour soaking.	Abstract concept. <i>"More miles = more emissions."</i>
18/05/2026	Global Food Production	Fajita Drumstick & Flatbread	To explore global food systems and apply spicing and flatbread making.	Global: Worldwide. Production: Making food. Spicing: Adding flavour.	Sourcing issues. <i>"Think fair trade, food security."</i>
01/06/2026	Past Paper Revision	Milk Chocolate & Raspberry Cheesecake	To practise exam questions while applying cold setting and folding in cheesecake.	Revision: Reviewing learning. Folding: Gentle mixing. Setting: Firming without baking.	Folding may be unclear. <i>"Gently fold to keep air in."</i>

08/06/2026	Past Paper Revision	Sticky Toffee Pudding	To revise exam topics while applying all-in-one mixing and sauce making.	Revision: Reviewing knowledge. All-in-One: Single-step mixing. Caramel: Cooked sugar for sauce.	Caramel may be tricky. <i>"Cook sugar until golden brown, not burnt."</i>
15/06/2026	Mock Exam – Written Paper	Pavlova	To complete a timed mock exam and demonstrate meringue making using separation, whisking, and baking.	Assessment: Checking learning. Separation: Dividing egg whites and yolks. Stiff Peaks: Firm whipped whites.	Stiff peaks may confuse. <i>"Whipped whites hold shape on whisk."</i>
22/06/2026	Mock Exam – Practical	Decorate Pavlova	To complete mock assessment applying decoration, portioning, and precise piping techniques.	Decoration: Making food attractive. Piping: Squeezing mix through nozzle. Portioning: Dividing evenly.	Piping control. <i>"Steady pressure = neat finish."</i>
29/06/2026	NEA 1 – Food Investigation Assessment	NEA 1 Practical Investigation Work	To investigate functional and chemical properties of ingredients through practical tests and recording results.	Investigation: Careful study. Recording: Writing results. Properties: Characteristics of ingredients.	Abstract testing. <i>"Think like a scientist—what changes, why?"</i>
06/07/2026	NEA 2 – Food Preparation Assessment	NEA 2 Practical Planning & Cooking	To plan, prepare, cook, and present a range of dishes demonstrating technical skills for a chosen brief.	Planning: Deciding steps in advance. Technical Skills: Advanced methods. Presentation: Attractive final look.	Planning may overwhelm. <i>"Break plan into ingredients, steps, timings."</i>
13/07/2026	NEA 2 – Food Preparation Assessment	NEA 2 Practical Cooking & Presentation	To complete NEA 2 practical work showcasing safe preparation, cooking, presentation, and evaluation of dishes.	Evaluation: Judging success. Feedback: Advice for improvement. Reflection: Thinking about learning.	Reflection may be hard. <i>"Be specific about taste, timing, hygiene, appearance."</i>