

Curriculum Overview - Year 10 Food:

Year 10 Subject Intent Food, Preparation and Nutrition GCSE

Students will demonstrate effective and safe high-level cooking skills by planning, preparing dishes using a variety of cooking techniques and equipment. Students will develop knowledge and understanding of the functional properties, chemical processes and nutritional content of foods.

When	Topic	Link with School Intent 1 - Curriculum (C) 2 - Standards (S) 3 - Achievement (A) 4- Pastoral Support (P.S) 5- Educational experiences (EE) 6- Quality of teaching and	Department Intent (What we intend our students to have learnt?) Differentiated: Key words/writing frames/ Build vocab. using literacy sheet/Chunked information instructional worksheets/Exemplar work displayed/Peer assessment and support/Seating plan/Working in groups Extension: Working independently/Explore potential to adapt recipes/Propose various alternatives to suit different dietary requirements/Produced high-quality finished products	Cross-curricula practical application	Implementation
		learning. (T&L)			
Year 10	 3.3 Food Science 3.3.1 Cooking of food and Heat transfer 3.3.2 Functional and chemical properties of food 3.3.2.2 Carbohydrates 3.3.2 Functional and chemical properties of food 3.3.2.1 Proteins 	C/S/A/ T&L C/S/A/ T&L	 Food Science: Why food is cooked and how heat is transferred to food, Selecting appropriate cooking methods caramelisation/dextrinization/gelatinisation gluten formation/denaturation/coagulation/foam formation/plasticity/shortening/aeration/creaming/emulsification/chemical/biological/mechanical raising agents Food, nutrition and health: sugars, starches and fibre, HBV and LBV proteins, protein complementation, saturated, monounsaturated 	Science: Functional and chemical properties of carbohydrates, proteins, fats, oils, acids, alkalis, enzymes, heat transfer English: Descriptive	Mock NEA Task 2: Food Preparation Assessment Researching the task Demonstrating technical skills / Planning for the final menu



3.3.2 Functional and	and polyunsaturated fats, fat soluble and water-	adjectives of	Analysis and
chemical properties of food - 3.3.2.3 Fats and oils 3.3.2 Functional and chemical properties of food — 3.3.2.5 Raising agents 3.2 Food, nutrition and health 3.2.1	Food choice Factors which influence food choice — cost/ religious, cultural and ethical reasons Food labelling and marketing influences British food choices International cuisine/Culinary traditions Food Skills General practical skills/knife skills/preparing fruit and vegetables/use of cooker/cooking and equipment/sauces/dough/raising agents/setting mixtures	sensory analysis and evaluation Maths: Measurement Ratio/Fractions Geography: Foods are grown and harvested PE: Eatwell Guide and Diets Macronutrients Micronutrients Art and Design: Presentation and decoration	evaluation Mock NEA Task 1: Food Investigation Analyse the task Practical experiments and investigations / Analyse and interpret results of the investigative work Evaluate hypothesis with justification Mock Exam: Written exam: 1 hour 45 minutes