

Year 10 Food Preparation and Nutrition Curriculum Map

	Project	What will I learn?
Term 1	Skill development	<ul style="list-style-type: none"> • The 12 basic skills for cooking a range of skills sessions and dishes will be completed to develop the understanding and the technique of all of these skills. <ul style="list-style-type: none"> - skill 1 general cooking skills, personal hygiene, weighing and measuring - Skill 2 knife skills - accuracy and precision- types of knife - Skill 3 preparing fruit and vegetables - Skill 4 using the cooker - safety procedures when using the cooker, how to turn it on and off properly. - skill 5 specialist equipment - pasta machine, blender and food processor - Skill 6 cooking methods - water, fat and dry heat - skills 7 preparing combing and shaping - the different ways ingredients can be prepared, shaped and combined - skill 8 sauce making - reduction, gelatinisation and emulsification - skill 9 Tenderise and marinate - be able to make a marinade - skill 10 dough making - bread, pasta, pastry. Shaping and finishing the dough - skill 11 raising agent - types of raising agents - eggs, - skill 12 setting mixtures - removal of heat and protein based. • Heat transfer - ways that heat is transferred to cook the food. • Why is food cooked? • Food safety - personal hygiene, storing food safely, cross contamination, cooking food properly • Food poisoning- onset, symptoms, food sources • Food choices which impact the cooking of the dish – cultural, ethical/ moral, religion, medical allergies • Sensory evaluations
Term 2	Mock controlled assessment - investigation	<p><u>Mock Investigation NEA</u></p> <ul style="list-style-type: none"> • Task introduction – investigate a key commodity • Hypothesis written – expected to find • Research into chosen commodity • Investigate commodity • Analyse commodities - what did you find? • Evaluation <p><u>Links to food science and properties of ingredients</u></p> <ul style="list-style-type: none"> • Changing properties - proteins - coagulation, denature, foams, gluten • Changing properties - carbohydrates - gelatinisation, dextrinisation, caramelises • Changing properties - fats and oils- aeration, shortening, plasticity, emulsification • Raising agents <p><u>Knowledge and theory on food choices.</u></p> <ul style="list-style-type: none"> • Main factors that influence food choice • Costing recipes • British cuisine • International cuisine – Italy, Spain, China, India • Marketing influences food choices

<p>Term 3</p>	<p>Mock controlled assessment - practicals</p>	<p><u>Mock practicals NEA</u></p> <ul style="list-style-type: none"> ● Task introduction – context analysis ● Research ● Possible dish ideas for chosen task ● Technical skills demonstrations and analysis ● Planning ● Final dishes for making and reasons why ● Analysis and Evaluation of final dishes include - costings and nutritional analysis. <p><u>Knowledge on nutrition and health</u></p> <ul style="list-style-type: none"> ● Macronutrients - fats, carbohydrates and protein - function sources, deficiencies and excess. ● Micronutrients - Vitamin A, B,C, D, E and K and Minerals calcium, iron, sodium and phosphorus - function sources, deficiencies and excess. ● The importance of a balanced diet - impacts on the body linked to food consumption ● Healthy eating guidelines ● additives and fortified foods. ● Food labelling – information included ● Importance of food labelling ● Nutritional labelling – nutrition claims
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