

Year 10 Curriculum Overview 2016-2017

Subject: Food Preparation & Nutrition



Term		Content	Assessment
	Pre course study	<p>Pupils will complete:</p> <p>Sensory Evaluation unit – How senses influence food choice, how we taste food and sensory testing methods</p>	<p>Teacher assessment of project</p> <p>Formal assessment - will be in Year 11 Non Exam Assessment and during assessment week</p>
Autumn Term	Half Term 1	<p>Pupils will complete:</p> <p>Macro Nutrients unit – Protein, carbohydrates and fats: functions, sources, deficiencies and excesses.</p> <p>Micro Nutrients unit – Vitamins (fat soluble A, D, E and K / water soluble B1, B2, B3, B9, B12 and C) Minerals (calcium, iron, sodium, fluoride, iodine and phosphorus)</p> <p>Water unit – functions, sources, deficiencies and excesses.</p>	<p>Formal assessment on key terminology used in Food Preparation and Nutrition</p> <p>Three assessments – one based on macro nutrients, the second based on micro nutrients and the final assessment using relevant specimen / past examination paper questions for pupils to apply gained knowledge</p> <p>Homework: Students will undertake a range of activities to build on gained knowledge including multiple choice questions, extended written responses and practical work preparation</p>
	Half term self-study	<p>Pupils will complete:</p> <p>British and international Cuisines unit – Features and characteristics of cuisines from Britain and other countries.</p>	<p>Teacher assessment of project</p> <p>Formal assessment - will be in Year 11 Non Exam Assessment and during assessment week</p>
	Half Term 2	<p>Pupils will complete:</p> <p>Making informed food choices for a varied and balanced diet - dietary guidelines and planning balanced meals</p> <p>Energy Needs – Functions of energy, sources of energy, deficiency and excess of energy, energy and life stages</p> <p>Nutritional Analysis – Nutritional information and data, modifying recipes and meals to reflect nutritional guidelines.</p> <p>Diet, Nutrition and Health – The relationship between diet, nutrition and health</p>	<p>Formal assessment on key terminology used in Food Preparation and Nutrition</p> <p>Interim assessment based on nutritional needs and health</p> <p>Linear assessment based on topics covered since September</p> <p>Homework: Students will undertake a range of activities to build on gained knowledge including multiple choice questions, extended written responses and practical work preparation</p>
Spring Term	Half Term 3	<p>Pupils will complete:</p> <p>Why food is cooked and how heat is transferred to food – Reasons why food is cooked and different methods of transferring heat to food.</p> <p>Selecting appropriate methods of cooking – different methods of cooking, how cooking methods affect the appeal, sensory qualities, palatability and nutritional values of food and how to prepare fruits and vegetables to conserve their nutritional values</p>	<p>Formal assessment on key terminology used in Food Preparation and Nutrition</p> <p>Interim assessment based on nutritional needs and health</p> <p>Linear assessment based on topics covered since September</p> <p>Homework: Students will undertake a range of activities to build on gained knowledge including multiple choice questions, extended written responses and practical work preparation</p>

	Half term self-study	<p>Pupils will complete:</p> <p>British and International Cuisines unit – Features and characteristics of cuisines from Britain and other countries.</p>	<p>Teacher assessment of project</p> <p>Formal assessment - will be in Year 11 Non Exam Assessment and during assessment week</p>
	Half Term 4	<p>Pupils will complete:</p> <p>Functional and chemical properties of food – protein (structure, denaturation, coagulation, gluten and foams) Carbohydrates (gelatinisation, dextrinization and caramelisation) Fats and oils (chemical structure, shortening, aeration, emulsification) Raising agents (what is a raising agent? How raising agents work)</p>	<p>Formal assessment on key terminology used in Food Preparation and Nutrition</p> <p>Interim assessment based on nutritional needs and health</p> <p>Linear assessment based on topics covered since September</p> <p>Homework: Students will undertake a range of activities to build on gained knowledge including multiple choice questions, extended written responses and practical work preparation</p>
Summer Term	Half Term 5	<p>Pupils will complete</p> <p>Food Spoilage and Contamination – Micro-organisms and enzymes</p> <p>Signs of food spoilage (how enzymes affect foods, how moulds affect foods and how yeasts affect foods)</p> <p>Micro-organisms in food production (micro-organisms used in the production of cheese and yoghurt)</p> <p>Bacterial contamination (main types of bacteria that cause food poisoning, how bacteria grow and multiply, how foods become contaminated and how to control and prevent bacterial contamination)</p>	<p>Formal assessment on key terminology used in Food Preparation and Nutrition</p> <p>Interim assessment based on nutritional needs and health</p> <p>Linear assessment based on topics covered since September</p> <p>Homework: Students will undertake a range of activities to build on gained knowledge including multiple choice questions, extended written responses and practical work preparation</p>
	Half Term 6	<p>Pupils will complete:</p> <p>Principles of Food Safety – buying food, storing food, preparing, cooking and serving food</p>	<p>Formal assessment on key terminology used in Food Preparation and Nutrition</p> <p>Interim assessment based on nutritional needs and health</p> <p>Linear assessment based on topics covered since September</p> <p>Homework: Students will undertake a range of activities to build on gained knowledge including multiple choice questions, extended written responses and practical work preparation</p>