

Year: 10

Subject: GCSE Food Preparation and Nutrition

Autumn Term		
Overarching Topic:		
What has come before and what comes later:	<p>Basic kitchen skills, advanced knife skills, sensory testing, using specialised kitchen equipment (e.g. food processor), evaluation skills</p> <p>skills and knowledge of different cooking methods (e.g. steaming, poaching, roasting), sauce making skills (roux, reduction, emulsion), dough making skills (bread, pasta, pastry), shaping and finishing skills. Skills and knowledge of using different Raising agents (mechanical, chemical and biological), setting mixtures (with protein, and heat), testing and evaluation skills</p> <p>Knowledge of food safety, food spoilage, personal hygiene (research and analysis).</p> <p>In depth knowledge of macronutrients (fat, protein, carbohydrates) , evaluation skills</p> <p>In depth knowledge of micronutrients (vitamins and minerals), evaluation skills</p> <p>Knowledge of factors affecting food choice., including British and International Cuisine.</p> <p>A good understanding of food intolerances and food allergies.</p> <p>Independent research and evaluation.</p> <p>Reasons why food is cooked including different ways in which heat is transferred through food</p>	
	Core	Extension
The Big Questions (What questions will students be able to answer upon mastery of the topic?)	<ul style="list-style-type: none"> Name five different factors that may influence food choice? Give examples of each factor. What does PAL mean? Why would this be important to an athlete for example? Name five foods that do not grow in the UK? What does seasonality mean? Give two examples of seasonal fruit that are grown in the UK? Give an example of a seasonal dish/meal Give two examples of imported food available all year round? Explain why they can't be grown/produced in the UK. 	<ul style="list-style-type: none"> What is the name of the enzyme in the digestive system that is needed to breakdown lactose?

Year: 10

Subject: GCSE Food Preparation and Nutrition

	<ul style="list-style-type: none"> • What are product miles and why should we consider them when purchasing food? • What is meant by Intense Farming? What is the impact of intense farming? • Define the terms 'food allergy' and 'food intolerance'? Give an example of how a meal could be adapted to meet a consumers needs/allergies/intolerances? • Name five foods to avoid if you are lactose intolerant? What alternate options are available? • Name two foods that may cause an allergic reaction? • Food hygiene – What temperatures are deemed the danger zone? What can be done to a) slow the growth of bacteria, b) stop iss growth c) kill the bacteria. 	
	Skill/Technique	How students will develop and demonstrate this
Key skills	<ul style="list-style-type: none"> • Research • Evaluating 	<ul style="list-style-type: none"> • Students conduct own research and evaluate findings