

Year 10 Overview 2023-24 - Food Preparation and Nutrition

Date	Wk	Exams	Single lesson	Double lesson
Tues 5-Sep	A	1	Intro Course: books, progress sheets etc.	Food Choice: Intro to Food choices: Cultures and religions
11-Sep	B	2		Own choice practical to assess skill level.
18-Sep*	A	3	Food Choice: Ethical and Moral	Food Choice: Food labelling and marketing influences
25-Sep	B	4		Food Choice: Allergies and intolerances. Keyword cards.
2-Oct	A	5	Nutritional needs and health: Eatwell guide	Cottage pie
9-Oct	B	6		Nutritional needs and health: Planning for different life stages: Planning for specific groups
16-Oct	A	7	Nutritional needs and health: Energy needs	Fishcakes
23-Oct	B	8		Nutritional needs and health: Nutritional Analysis. Diet nutrition and health. Keyword cards.
Half Term				
6-Nov	A	9	Nutrients: Introduction	Recipe linked with eatwell guide and lifestage
13-Nov	B	10		Nutrients: Protein – Meat, poultry, fish, eggs, alternative protein tasting
20-Nov	A	11	Nutrients: Carbohydrates – Pasta, rice, sugar including group pasta making	Nutrients: Carbohydrates – Including bread practical
27-Nov	B	12		Planning for exam practical
4-Dec	A	ST1	Nutrients: Fats and oils	Exam practical
11-Dec	B	ST1		Exam Feedback. Nutrients: Vitamins
18-Dec	A	15	Nutrients: Minerals	Christmas Practical linked with Fats and Oils. Keyword cards.
Christmas				
8-Jan	B	16		Functional and Chemical Properties: Proteins - coagulation and denaturation
15-Jan	A	17	Chilled lemon flan (make base in single lesson?)	Functional and Chemical Properties: Finish Chilled lemon flan. Carbohydrates – gelatinisation and dextrinisation - toast
22-Jan	B	18		Functional and Chemical Properties: Fats and oils – plasticity, aeration and shortening
29-Jan	A	19	Jam tarts group task	Roasted Mediterranean Flan.
5-Feb	B	20		Functional and Chemical Properties: Fats and Oils – Emulsification – butter practical
12-Feb	A	21	Functional and Chemical Properties: Raising agents	All in one chocolate and orange cake Keyword cards.
Half term				
26-Feb	B	22		Cooking of Food and Heat Transfer: Transferring heat to food. Keyword cards.
4-Mar	A	23	Mock NEA 1 – Introduce NEA Tasks. Start research for mock NEA 1	Mock NEA 1 – Continue research
11-Mar	B	24		Mock NEA 1 – Finish research and investigation1
18-Mar	A	25	Mock NEA 1 – Write up investigation 1	Mock NEA 1 – Complete investigation2
25-Mar*	B	26		Mock NEA 1 – Complete Investigation write ups and Evaluate
Easter				
15-Apr	A	27	Mock NEA 1 – Feedback	Sensory evaluation: Senses and how we taste food. Testing methods, Keyword cards.
22-Apr	B	28		Lasagne (example of high level practical)
29-Apr	A	29	Mock NEA 2 – Introduce mock NEA 2.	Mock NEA 2 – Read through research. Find recipe ideas.
6-May*	B	30		Mock NEA 2 – Finding high skill recipes, Timeplanning
13-May	A	31	Mock NEA 2 –Timeplanning	Mock NEA 2 – 2 hour practical
20-May	B	ST2		Mock NEA 2 – Analysis and Evaluation
Half term				
3-Jun	A	ST2	Food Provenance: Food sources (start to use revision sheets/booklets)	Food Provenance: Food and the environment: Sustainability
10-Jun	B	ST2		Food Provenance: Processing and production
17-Jun	A	35	Exam Feedback	Food Provenance: Technological developments
24-Jun	B	36		Chelsea buns
1-Jul	A	37	Principles of Food Safety: What to look for when buying food	Principles of Food Safety: Different types of food storage
8-Jul	B	38		Lemon meringue pie.
15-Jul	A	39	Principles of Food Safety: Recognise good personal hygiene. Keyword cards.	Principles of Food Safety: Recognise good personal hygiene. Keyword cards.