

Year 10 Food Preparation and Nutrition

Food nutrition and health			
Calendar	Theory	Practical	Skills
Term 1 6 weeks	Health and safety	Orange and mozzarella salad	Knife skills
	Protein	Meatballs and spaghetti	Shaping and forming
	Carbohydrates	Homemade butter Garlic loaf	Bread making
	Fibre and water	Empanadas	Frying, shaping and forming
	Fats	Burger	Shaping and forming
	Vitamins	Cannelloni	Layering a dish
Term 2 8 weeks	Healthy eating guidelines	Halloween bake off	Cake making skills
	Nutritional needs of different age groups	Portioning chicken, drumsticks and wings	Knife skills
	Diet related health problems	Chicken Goujons with BBQ sauce	Enrobing
	Energy needs	Homemade pasta	Pasta making
	Nutritional analysis	Giant ravioli with garlic sauce	Making a sauce
	Planning meals for different age groups.	Chocolate log	Cake making
	British values	Mini Christmas dinner	Roasting
	Careers	Mince pies	Making a dough
Food Science			
Term 3 6 weeks	Why is food cooked and heat transfer	Mini NEA 1	Food science
	Cooking methods	Cloud egg on toast	Coagulation
	Changing properties of proteins	Mini Gateaux	Making a sponge Aeration
	Changing properties of carbohydrates	Croque Monsieur	Starch gelatinisation
	Changing properties of fats and oils	Cookies NEA1	Fats and oils
	Raising agents	Lemon meringue pie	Plasticity Aeration Gelatinisation
Food Safety			
Term 4 5 weeks	Food spoilage	Risotto	Pathogens in rice
	Uses of microorganisms	Cheesecake	High risk foods
	Preparing food safely	Meat ball sub	Meat storage and preparation
	Food poisoning	Chicken Kiev	De boning a chicken
	Storing food safely	Soda bread and chilli butter	Bread making
Food choice			
Term 5 5 weeks 4 days	Influences on food choice	Cooking on a budget	Budgeting
	Cultural religious and moral food choices	Quiche	Coagulation
	Food labelling	Sausage rolls	Pastry making
	Influences of marketing	Raspberry tart	Setting agents
	British and international cuisine	Afternoon tea assessment	Multiple dishes
	Sensory testing	Selection of foods to try	Sensory analysis
Food Provenance			
Term 6 6 weeks	Grown food Reared food Caught food	Fish and chips	Preparing fish
	Waste food and packaging	Ready steady cook	Working to a time plan
	Food miles and carbon footprint	Jerk chicken wings and Plantain	Preparing
	Global food production	Sweet and sour chicken thighs	Making a sauce
	Primary food processing	Millionaires' shortbread	Caramelisation
	Food fortification and modification	Jamaican Ginger loaf	Cake making