

Year 10 Food and Nutrition	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Knowledge	<p>Introduction to the GCSE Food Preparation and nutrition specification. Recapping knowledge and skills learnt during KS3. Recapping Health and safety rules. Revision of food poisoning bacteria and transportation. Deeper research into the most common types of food poisoning bacteria, recognising the symptoms, the incubation periods, the treatments. How to risk assess and lower the risks of getting food poisoning.</p> <p>Storage, buying, preparation and cooking of ingredients which are higher risk of food poisoning.</p>	<p>Diabetes, the causes, how the pancreas works and processes sugars and insulin, the different types diabetes, the symptoms and signs, the effect on the body and lifestyle, short term effects and long term effects, the treatments.</p> <p>Adapting recipes and ingredients to make them suitable for diabetic people.</p> <p>Proteins. Which ingredients give us proteins, how much proteins should we eat, how the body uses and processes proteins, adapting amounts of protein for different dietary groups, preparing and cooking meals containing proteins,</p>	<p>Practice NEA1, controlled assessment. Cooking with heat. Students will gain knowledge in the many different ways in which we use heat to cook food and the science behind these processes. Students will practice; boiling, dry frying, oil frying, baking, steaming, poaching, grilling, microwaving.</p> <p>Coeliac disease, the causes, the symptoms, the treatments, adapting recipes for people who have Coeliac disease.</p> <p>Students will prepare and cook two meals for a consumer with this condition.</p>	<p>Celebration foods. Students will research several different celebrations across different religions and cultures, they will research a selection of foods consumed during these celebrations, they will adapt recipes to consider the dietary needs of different religions and groups of people.</p> <p>Students will prepare and make a range of different recipes of their own choosing, they will justify their choices and evaluate the</p>	<p>Bread making, Revision of Year 9 bread making, revision of functions of ingredients used to make bread. Research of a selection of multicultural breads. Students will make a selection of loaves and rolls, sweet and savoury breads.</p> <p>A focus on one nationality of food, i.e. American food and culture, consider the dietary needs of different people, considering their religions, allergies and lifestyle choices.</p>	<p>A Fresh pasta workshop. Revision of making sauces. Students will make a white sauce and a tomato based sauce. They will learn how sauces thicken and how they can adapt recipes for different consumers.</p> <p>Mock NEA1. This practice controlled assessment will prepare students for their Year 11 GCSE controlled assessments.</p> <p>Practical mock cooking exam. This develops the students time management and practical skills in preparation for their Year 11 CGSE cooking exam. Super learning day. Spanish and Mexican tapas.</p>
Skills	<p>Students will develop these skills;</p> <ul style="list-style-type: none"> Develop clear understanding of what they need to do to be successful in this subject. Develop recapping and revision skills. Be able to practice the health and safety and food safety rules when cooking and sharing the food they make. Develop revision techniques, creating mind-maps and flashcards. Be able to risk assess and ensure their ingredients/recipes do not contain food poisoning bacteria. 	<p>Students will develop these skills;</p> <ul style="list-style-type: none"> Develop good understanding of the condition diabetes, they will be able to explain each type of diabetes and suggest changes to someone's diet to promote better health. Be able to adapt recipes to make them suitable for diabetic consumers. Be able to justifying and explain their ideas and decisions. Be able to identify a range of foods containing protein. Practice preparing and cooking proteins. 	<p>Students will develop these skills;</p> <ul style="list-style-type: none"> Develop presentation skills Develop their written communication Confidently be able to cook a range of different proteins Understand the science behind the changes of food being cooked Independently be able to boiling, dry frying, oil frying, baking, steaming, poaching, grilling, microwaving. Have develop clear understanding of Coeliac disease. What are the causes, the symptoms, the treatments, and be able to adapt recipes for people who have Coeliac disease. 	<p>Students will develop these skills;</p> <ul style="list-style-type: none"> Students will be able to discuss a range of celebration foods. they will adapt recipes to consider the dietary needs of different religions and groups of people. Students will be able to independently prepare and make a range of different celebration foods they will be able to justify their choices They will have developed their abilities to evaluate their work. 	<p>Students will develop these skills;</p> <ul style="list-style-type: none"> Students will develop their understanding of the functions of ingredients used to make bread They will understand how to knead, prove and bake breads They will be able to identify a range of breads from different countries The students will be able to discuss common bread making problems and how to solve them They will be able to suggest some adaptations to the ingredients to consider a range of different dietary needs. 	<p>Students will develop these skills;</p> <ul style="list-style-type: none"> Students will be able to make fresh pasta Students will develop their understanding of the functions of ingredients used to make pasta They will understand how to knead, shape, cut and boil pasta They will be able to make a tomato based sauce Students will experience working through a controlled assessment and through teacher feedback, understand how they can develop their Year 11 NEA to be even more successful Students will gain the experience of planning and completing a cooking exam.
Independent Learning Link	<p>Common Food Poisoning Bacteria part 1 - YouTube</p> <p>Foodborne Illness: What Problem? - YouTube</p>	<p>Diabetes - NHS (www.nhs.uk)</p> <p>Join our membership Get Balance magazine Diabetes UK</p>	<p>AQA GCSE Food preparation and nutrition text book.</p> <p>Food investigate task/ controlled assessment NEA1. Pages 292 - 304</p>	<p>AQA GCSE Food preparation and nutrition text book. Judaism page 214. Islam page 214 Hinduism 213 Christianity 212 Sikhism Page 215</p>	<p>Paul Hollywood's White Bloomer Bread Waitrose - YouTube</p> <p>110: 10 EASY ways to shape a Bread Roll - Bake with Jack - YouTube</p>	<p>GORDON RAMSAY How to make a classic white sauce with cheese YouTube - YouTube</p> <p>How to Make Pasta Jamie & Buddy Oliver - YouTube</p>

Year 11 Food and Nutrition	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Knowledge	<p>Introduction to the NEA1 /controlled assessment. A 10 hour assessment project.</p> <p>Students independent choose a brief and complete their controlled assessment. The assessment contains the following sections of work; Justifying their chosen brief Primary and secondary research, planning experiments, competing experiments, testing and recording results, analysing and evaluating their results.</p>	<p>NEA1 continued. Handed in at the end of October.</p> <p>Introduction to the NEA2/ controlled assessment. A 20-hour assessment project. This assessment contains the following pieces of work; Justifying their chosen brief Primary and secondary research, recipe research, ingredients research, planning to make 7 recipes, planning for a 3-hour cooking exam.</p>	<p>NEA2 continued throughout this term.</p> <p>A 3 hour cooking exam.</p> <p>Peer tasting and testing, own testing and recording of results, analysing recipes made against their brief and target group.</p>	<p>NEA2 continued throughout this term.</p> <p>Evaluating their results to topics such as climate change, fair trade, organic foods, GM food, budgeting, costing, allergies, dietary needs, food waste, healthy eating/ lifestyles etc.</p>	<p>Exam preparation and revision.</p> <p>Revision topics; Food science Sustainability, a focus on Fish, Climate change Environmental factors affecting food production System of food production, scales of production GM foods Allergies Salt Sugar.</p>	<p>Exam preparation and revision.</p> <p>Revision topics; Diabetes Gluten intolerant 5 a day system Eat well guide. Carbs Proteins Fats Fibre. Packaging Storage Preservation.</p>
Skills	<p>Students will be developing the following skills;</p> <ul style="list-style-type: none"> Improved decision making Understanding of how and be able to complete primary research Develop their ability to plan experiments, and cooking sessions Be able to independently set up investigations and complete experiments Have developed their ability to record results, analysing and evaluating their results. 	<p>Students will be developing the following skills;</p> <ul style="list-style-type: none"> Understanding how and be able to complete primary and secondary research be able to justify their ideas and choices clearly and in detail Developing problem solving Diary accounts recorded of step by step work Develop high quality written communication 	<p>Students will be developing the following skills;</p> <p>Students will undertake their 3 hour GCSE cooking exam. This will be their opportunity to showcase all of the skills and knowledge gained over the previous 5 years.</p> <ul style="list-style-type: none"> Peer tasting and testing, own testing and recording of results analysing recipes made against their brief and target group. 	<p>Students will be developing the following skills;</p> <ul style="list-style-type: none"> Evaluating their results to topics such as climate change, environmental issues, food miles, recycling and food waste. Good understanding of the following terms; fair trade, organic foods, GM food, budgeting, costing, allergies, dietary needs, food waste, healthy eating/ lifestyles etc. 	<p>The lessons this term will focus on supporting students with their upcoming CGSE written exam.</p> <p>Students will develop their ability to answer exam questions by developing their knowledge by;</p> <ul style="list-style-type: none"> Taking part in debates Whole class discussions Watching teacher demonstrations Creating flash cards Creating mind-maps Completing practice exam style questions 	<p>The lessons this term will focus on supporting students with their upcoming CGSE written exam.</p> <p>Students will develop their ability to answer exam questions by developing their knowledge by;</p> <ul style="list-style-type: none"> Taking part in debates Whole class discussions Watching teacher demonstrations Creating flash cards Creating mind-maps Completing practice exam style questions
Independent Learning Link	<p>AQA GCSE Food preparation and nutrition text book.</p> <p>Food investigate task/ controlled assessment NEA1. Pages 292 - 304</p>	<p>Read through exemplar projects.</p> <p>Food investigate task/ controlled assessment NEA1. Pages 292 - 304</p>	<p>AQA GCSE Food preparation and nutrition text book.</p> <p>Food preparation task/ controlled assessment NEA2. Pages 305- 324.</p>	<p>AQA GCSE Food preparation and nutrition text book.</p> <p>Food preparation task/ controlled assessment NEA2. Pages 305- 324.</p>	<p>AQA GCSE Food preparation and nutrition text book.</p> <p>Written examination pages 325-334. Exam practice questions, your teacher will print and hand these to you.</p>	<p>AQA GCSE Food preparation and nutrition text book.</p> <p>Written examination pages 325-334. Exam practice questions, your teacher will print and hand these to you.</p>