

YEAR 10 OVERVIEW Food Preparation and Nutrition

AUTUMN TERM 1							
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	
04.09.17	11.09.17	18.09.17	25.09.17	02.10.17	09.10.17	16.10.17	
Introduction to the course Classification of fruits and vegetables Theory of knife skills and veg techniques Dem veg soup	Make vegetable soup	Assessment How fruit and veg are grown . Storage , hygiene and food safety	Make Pineapple upside down cake (touch on methods of cake making)	Nutritional values- functions, deficiencies and excess plus daily requirements.	Make Cauliflower/broccoli cheese (sauce making/gelatinisation)	Enzymic browning and oxidation (carry out a simple browning experiment) and introduce the concept of NEA Assessment 1	
AUTUMN TERM 2							
Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15
30.10.17	06.11.17	13.11.17	20.11.17	27.11.17	04.12.17	11.12.17	18.11.17
Continue with Enzymic browning and oxidation.	Write up experiment	Understanding of dietary reference values (EAR/RNI/LRNI/Safe Intake) BNF document	Design a dish for a particular group Plan and nutritionally analyse dish				
Make dish for particular user.	Evaluate and update PLC						Year 10 Data
SPRING TERM 1							
Week 16	Week 17	Week 18	Week 19	Week 20			
08.01.18	15.01.18	22.01.18	29.01.18	05.02.18			

Customer choice/Food miles/seasonality	Organic foods, pesticides and herbicides and impact on health	Chicken/veg stir fry OR Fajitas	Tasting of seasonal veg / fruit Comparison of fresh, organic, tinned, frozen	Potato dishes (group activity)			
SPRING 2							
Week 21	Week 22	Week 23	Week 24	Week 25	Week 26		
19.02.18	26.02.18	05.03.18	12.03.18	19.03.18	26.03.18		
Milk cheese and yoghurt	Food spoilage and contamination, Principles of food safety, Functional and chemical properties of food, Food Investigation: Investigate fats in pastry						
					Year 10 Data and Reviews		
SUMMER TERM 1							
Week 27	Week 28	Week 29	Week 30	Week 31	Week 32	Week 33	
16.04.18	23.04.28	23.04.28	30.04.28	07.15.18	14.05.18	21.05.18	
British and international cuisine 3 dishes in three hours – practice assessment for NEA2 : Sensory evaluation, Environmental impact Food processing, Food Preparation, Menu Planning							
SUMMER TERM 2							
Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	Week 40	
04.06.18	11.06.18	18.06.18	25.06.18	02.07.18	09.07.18	16.07.19	
Mock NEA 1 assessment							
		WTM's	PPE1	PPE 1	Year 10 Data		