

(A)UTHENTIC

(S)ACRED

(P)ASSIONATE



(I)NSPIRATIONAL

(R)ESILIENT

(E)MPATHETIC

Y10 Food and Nutrition

Advent 1 Modules: Nutrition, Fruit and Vegetables	Advent 2 Modules: Diet and Health, Dairy	Review of learning DIRT & summative	Lent 1 Modules: Special Diet Project (Mock NEA2) Meat, Fish and Eggs	Lent 2 Modules: Factors affecting food choice, Technological Developments	Review of learning DIRT & summative	Pentecost 1 Modules: Cereals, Food Safety and Spoilage, Food Science	Pentecost 2 Modules: Food science, Mock NEA1 Mock Exam Revision	Review of learning DIRT & summative
<p>Unit Intent: Macronutrients Fats, Carbohydrates, Protein Functions / Excess / Deficiency / Source Functions of Protein Structure of Amino Acid, LBV/HBV proteins, complementary proteins</p> <p>Vitamins and Minerals Functions / Excess / Deficiency / Sources Fat Soluble/Water Soluble</p> <p>Commodity: Fruit and Vegetables Provenance, classification, nutrition, ways of cooking, potatoes starch gelatinisation</p> <p>Practical Skill Development Cooking with fruit and vegetables</p>	<p>Unit Intent: Diet and Health Government Guidelines Eatwell Guide / 8 Guidelines to Healthy eating, 5aDay</p> <p>Nutrition through the lifecycle Key nutrition in each life stage</p> <p>Allergens and Intolerances Similarities / Differences</p> <p>Special Diets Health What can / cannot be eaten Coeliac, Lactose Intolerance, Diabetes</p> <p>Special Diets Religion What can / cannot be eaten Islam, Hindu, Jewish, Buddhism, Rastafarian, Sikh</p> <p>Commodity: Dairy Provenance, classification, nutrition, ways of cooking, cheese making</p> <p>Practical Skill Development Cooking with Dairy</p>	<p>Assessment End of Unit tests Nutrition Fruit and Vegetables Diet and health Dairy</p> <p>CST Catholic Social Teaching: Common Good, Dignity in Work and Participation, Stewardship , Solidarity, Option for the Poor and Human Dignity</p> <p>Careers DEFRA Dairy Farmer Poultry Farmer Doctor Nutritionist Dietician Food Scientist</p> <p>Reading 3-2-1</p>	<p>Unit Intent: Special Diet Project (Mock NEA2) Working to a specific set task drawn from learning of special diets. Demonstration of research, planning, designing and presenting a dish, sensory analysis and conclusion</p> <p>Meat, Poultry Fish and Eggs Provenance, classification, nutrition, ways of cooking, changes of proteins in cooking scientific understanding of protein denaturation and coagulation Understanding the use of the whole chicken including butchering, making a stock, tandoori chicken thighs and chicken Kiev.</p> <p>Practical Skill Development Cooking with Meat, Poultry, Fish and Eggs</p>	<p>Unit Intent: Factors Affecting Food choice: Availability, Cost, diet, faith, seasonality, marketing and advertising, food labelling, ethical food choice (fair trade, farm assured), culture, food poverty,</p> <p>Technological Developments GMO and GMA Food, Environmental Factors, consumer demand, changes in lifestyle, preservation methods, scientific advancements</p> <p>Practical Skill Development Cooking with Cereals, bread, pastry, pasta</p>	<p>Assessment Mock NEA2 End of unit tests Meat Poultry fish and eggs, Factors Affecting Food choice, Technological Developments</p> <p>CST Catholic Social Teaching: Common Good, Dignity in Work and Participation, Stewardship , Solidarity, Option for the Poor and Human Dignity</p> <p>Careers GMO Employee Garden Maintenance Officer</p> <p>Reading 3-2-1</p>	<p>Unit Intent: Commodity: Cereals Provenance, classification, nutrition, ways of cooking</p> <p>Food Safety and Spoilage Pathogens, safe storing of food, temperature control, HACCP,</p> <p>Food Science What is gelatinisation? What is dextrinisation? What is caramelisation? What is meant by raising agents? How raising agents work? Science of cooking protein, fats and carbohydrates</p> <p>Practical Skill Development Cooking with Cereals continued, practical food science investigations</p>	<p>Unit Intent: Food Science continued</p> <p>Mock Exam Revision</p> <p>Mock NEA1: Food Science Investigation</p> <p>Researching an EDUQAS chosen investigation independently</p> <p>Research, understanding function and working characteristics of ingredients</p> <p>Carrying out an independent scientific investigation experiment to find best variables. Including use of method, ingredients, variables, results, analysis and conclusion</p>	<p>Assessment Mock Exam full paper 1hour 45 mins Mock NEA1 End of unit tests</p> <p>CST Catholic Social Teaching: Common Good, Dignity in Work and Participation, Stewardship , Solidarity, Option for the Poor and Human Dignity</p> <p>Careers Microbiologist Health and Safety Inspector Production Manager</p> <p>Reading 3-2-1</p>