

(A)UTHENTIC

(S)ACRED

(P)ASSIONATE

(I)NSPIRATIONAL

(R)ESILIENT

(E)MPATHETIC

Y10 Food Prep								
Advent 1	Advent 2	Review of learning DIRT & summative End of Unit tests Nutrition Fruit and Vegetables Diet and health Dairy	Lent 1	Lent 2	Review of learning DIRT & summative Mock NEA2 End of unit tests Meat Poultry fish and eggs, Factors Affecting Food choice, Technological Developments	Pentecost 1	Pentecost 2	Review of learning DIRT & summative Mock Exam full paper 1hour 45 mins Mock NEA1 End of unit tests
Modules: Nutrition, Fruit and Vegetables	Modules: Diet and Health, Dairy		Modules: Special Diet Project (Mock NEA2) Meat, Fish and Eggs	Modules: Factors affecting food choice, Technological Developments		Modules: Cereals, Food Safety and Spoilage, Food Science	Modules: Food science, Mock NEA1 Mock Exam Revision	
Unit intent: Macronutrients Fats, Carbohydrates, Protein Functions / Excess / Deficiency / Source Functions of Protein Structure of Amino Acid, LBV/HBV proteins, complementary proteins Vitamins and Minerals Functions / Excess / Deficiency / Sources Fat Soluble/Water Soluble Commodity: Fruit and Vegetables Provenance, classification, nutrition, ways of cooking, potatoes starch gelatinisation Practical Skill Development Cooking with fruit and vegetables	Unit intent: Diet and Health Government Guidelines Eatwell Guide / 8 Guidelines to Healthy eating, 5aDay Nutrition through the lifecycle Key nutrition in each life stage Allergens and Intolerances Similarities / Differences Special Diets Health What can / cannot be eaten Coeliac, Lactose Intolerance, Diabetes Special Diets Religion What can / cannot be eaten Islam, Hindu, Jewish, Buddhism, Rastafarian, Sikh Commodity: Dairy Provenance, classification, nutrition, ways of cooking, cheese making Practical Skill Development Cooking with Dairy	CST Catholic Social Teaching: Common Good, Rights and responsibilities, participation, stewardship of creation, subsidiarity, Human dignity Careers DEFRA Dairy Farmer Poultry Farmer Doctor Nutritionist Dietician Food Scientist Reading 3-2-1	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 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. Practical Skill Development Cooking with Meat, Poultry, Fish and Eggs	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, Technological Developments GMO and GMA Food, Environmental Factors, consumer demand, changes in lifestyle, preservation methods, scientific advancements Practical Skill Development Cooking with Cereals, bread, pastry, pasta	Unit intent: CST Catholic Social Teaching: Common Good, Rights and responsibilities, participation, stewardship of creation, subsidiarity, human dignity Careers GMO Employee Garden Maintenance Officer Reading 3-2-1	Unit intent: Commodity: Cereals Provenance, classification, nutrition, ways of cooking Food Safety and Spoilage Pathogens, safe storing of food, temperature control, HACCP, 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 Practical Skill Development Cooking with Cereals continued, practical food science investigations	Unit intent: Food Science continued Mock Exam Revision Mock NEA1: Food Science Investigation Researching an EDUQAS chosen investigation independently Research, understanding function and working characteristics of ingredients Carrying out an independent scientific investigation experiment to find best variables. Including use of method, ingredients, variables, results, analysis and conclusion	CST Catholic Social Teaching: Common Good, Rights and responsibilities, participation, stewardship of creation, subsidiarity, human dignity Careers Microbiologist Health and Safety Inspector Production Manager Reading 3-2-1