

Curriculum Overview – Food Y10

Year	Term	Units of Work	Assessment
10	1	<p>Food Preparation Skills Students will understand how and when to use different food preparation skills to achieve a range of different outcomes. Skills taught in this half term include: 1. General practical skills including: weighing, measuring, preparing ingredients and equipment, correct cooking times, testing for readiness and sensory testing. 2. Knife skills including: fruit, vegetables, meat fish or alternatives. 3. Preparing fruit and vegetables. 4. Using the cooker including: the hob, grill and oven. 5. Use of equipment including: blenders, food processors, mixers, pasta machines and microwave ovens.</p>	<p>Plan a day's meals for a teenager based upon the advice of the Eatwell Guide. From the chosen menu, plan and make a nutritionally balanced savoury meal or lunch dish which will appeal to a teenager.</p> <p>Prepare a savoury dish which meets Eatwell guidelines and demonstrates skill.</p> <p>Test – knowledge and understanding of protein, carbohydrates and fibre.</p> <p>Mini NEA 1 Task</p> <p>Section A Research – 6 marks.</p> <p>Section B - Investigation - 15 marks.</p> <p>Section C: Analysis and evaluation - 9 marks.</p>
	2	<p>Food Preparation Skills Students will understand how and when to use different food preparation skills to achieve a range of different outcomes. Skills taught in this half term include: 6. Cooking methods including: steaming, boiling, simmering, blanching, poaching and frying.</p>	<p>Practical Investigation - Fats in Pastry.</p> <p>Students create, prepare, cook and serve a savoury flan or quiche with a short crust pastry base and reduced fat filling of choice.</p> <p>Test – Knowledge and understanding.</p>

		<p>7. Techniques to prepare, cook and combine different ingredients.</p> <p>8. Sauce making including: starch based, reduction and emulsions.</p> <p>9. Tenderising and marinating different ingredients.</p> <p>10. Making dough including: bread, pastry and pasta.</p> <p>11. Use of raising agents including: eggs, chemical, steam and biological.</p> <p>12. Setting of mixtures through use of heat and egg protein.</p>	
	3	<p>Food Preparation Skills</p> <p>Pupils will build upon prior learning from National Curriculum Design and Technology and the subject content of cooking and nutrition. They will enhance their knowledge and understanding of what constitutes a healthy, balanced diet and good nutrition. This includes the Eatwell Guide, energy balance and the role of nutrients in a balanced diet. Food hygiene and safety is to be taught as an integral part of every lesson when preparing, cooking and serving foods.</p>	<p>Mini NEA 2 Task</p> <p>Section A: Researching the task - 6 marks.</p> <p>Section B: Demonstrating technical skills- 18 marks.</p> <p>Section C: Planning for the final menu - 8 marks.</p> <p>Section D: Making the final dishes - 30 marks.</p> <p>Section E: Analyse and evaluate - 8 marks.</p>