



# Food Preparation & Nutrition - YEAR PLANNER (LTP) – YEAR 10



Term	Learning content/skills	Assessment Schedule*	Home Learning Support (How students can extend learning in addition to homework)
<b>Autumn 1</b>  <b>7 weeks</b>	<ul style="list-style-type: none"> <li>➤ Introduction to the course/Practical challenges</li> <li>➤ Food safety when buying and storing food</li> <li>➤ Food safety when preparing and cooking food</li> <li>➤ Nutrition: Protein</li> <li>➤ Nutrition: Protein/Sensory testing</li> <li>➤ Preparation skills: Protein/Fish and sauce making</li> <li>➤ Practical investigation - Preparation skills: Fish</li> </ul>	<p>Exam questions to be set for homework.</p> <p>End of unit test on food provenance</p>	<p>Research topics covered in class in further depth using websites such as:</p> <p><a href="http://www.foodafactoflife.org.uk">www.foodafactoflife.org.uk</a>  <a href="http://www.nutrition.org.uk">www.nutrition.org.uk</a>  <a href="http://www.aqa.org.uk">www.aqa.org.uk</a></p> <p>Sign in to use the AQA GCSE Food Preparation &amp; Nutrition: Digital Book Bundle  <a href="http://www.illuminate.digital/aqafoodlogin">www.illuminate.digital/aqafoodlogin</a></p>
<b>Autumn 2</b>  <b>7 weeks</b>	<ul style="list-style-type: none"> <li>➤ Protein: Functional and chemical properties – denaturation and coagulation</li> <li>➤ Protein: Function and chemical properties – gluten formation and foam formation</li> <li>➤ Food production - To understand the processing of milk to make cheese and yogurt</li> <li>➤ Nutrition: Carbohydrates</li> <li>➤ Carbohydrates: Function and chemical properties – gelatinisation</li> <li>➤ Carbohydrates: Function and chemical properties – caramelisation and dextrinization</li> <li>➤ Food production – Primary and secondary processing - To understand the processing of wheat to make flour</li> </ul>	<p>Exam questions to be set for homework.</p> <p>Year 11 PPE exam</p>	<p>Research topics covered in class in further depth using websites such as:</p> <p>Research topics covered in class in further depth using websites such as:</p> <p><a href="http://www.foodafactoflife.org.uk">www.foodafactoflife.org.uk</a>  <a href="http://www.nutrition.org.uk">www.nutrition.org.uk</a>  <a href="http://www.aqa.org.uk">www.aqa.org.uk</a></p> <p>Sign in to use the AQA GCSE Food Preparation &amp; Nutrition: Digital Book Bundle  <a href="http://www.illuminate.digital/aqafoodlogin">www.illuminate.digital/aqafoodlogin</a></p>
<b>Spring 1</b>  <b>7 weeks</b>	<ul style="list-style-type: none"> <li>➤ Nutrition: Fats and oils</li> <li>➤ Fats: Function and chemical properties – shortening and plasticity</li> <li>➤ Fats: Emulsification</li> <li>➤ Fats: Function and chemical properties – aeration/Raising agents</li> <li>➤ Raising agents</li> <li>➤ Nutrition: Vitamins and minerals</li> <li>➤ Nutrition: Minerals</li> </ul>	<p>Exam questions to be set for homework.</p>	<p>Research topics covered in class in further depth using websites such as:</p> <p>Research topics covered in class in further depth using websites such as:</p> <p><a href="http://www.foodafactoflife.org.uk">www.foodafactoflife.org.uk</a>  <a href="http://www.nutrition.org.uk">www.nutrition.org.uk</a>  <a href="http://www.aqa.org.uk">www.aqa.org.uk</a></p> <p>Sign in to use the AQA GCSE Food Preparation &amp; Nutrition: Digital Book Bundle</p>

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<p><b>Spring 2</b></p> <p><b>4 weeks</b></p>	<ul style="list-style-type: none"> <li>➤ Enzymic browning and oxidation</li> <li>➤ Nutritional needs</li> <li>➤ Functional and chemical properties of food</li> <li>➤ Nutritional analysis - Understanding of Dietary Reference Values</li> </ul>	<p>Exam questions to be set for homework.</p>	<p>Research topics covered in class in further depth using websites such as:</p> <p><a href="http://www.foodafactoflife.org.uk">www.foodafactoflife.org.uk</a>  <a href="http://www.nutrition.org.uk">www.nutrition.org.uk</a>  <a href="http://www.aqa.org.uk">www.aqa.org.uk</a></p> <p>Sign in to use the AQA GCSE Food Preparation &amp; Nutrition: Digital Book Bundle  <a href="http://www.illuminate.digital/aqafoodlogin">www.illuminate.digital/aqafoodlogin</a></p>
<p><b>Summer 1</b></p> <p><b>7 weeks</b></p>	<ul style="list-style-type: none"> <li>➤ Dietary groups</li> <li>➤ Heat transference and reasons for cooking food</li> <li>➤ Portioning a chicken/Selecting cooking methods</li> <li>➤ Sensory Evaluation</li> <li>➤ NEA Practice task – Food Investigation (3 weeks)</li> </ul>	<p>Exam questions to be set for homework.</p> <p>Recap learning – starter/plenary every lesson.</p>	<p>Research topics covered in class in further depth using websites such as:</p> <p><a href="http://www.foodafactoflife.org.uk">www.foodafactoflife.org.uk</a>  <a href="http://www.nutrition.org.uk">www.nutrition.org.uk</a>  <a href="http://www.aqa.org.uk">www.aqa.org.uk</a></p> <p>Sign in to use the AQA GCSE Food Preparation &amp; Nutrition: Digital Book Bundle  <a href="http://www.illuminate.digital/aqafoodlogin">www.illuminate.digital/aqafoodlogin</a></p>
<p><b>Summer 2</b></p> <p><b>7 weeks</b></p>	<ul style="list-style-type: none"> <li>➤ Food choice</li> <li>➤ Food choices and international cuisine (2 weeks)</li> <li>➤ Food and the environment</li> <li>➤ Food sources (2 weeks)</li> <li>➤ Sustainability of food</li> </ul>		<p>Research topics covered in class in further depth using websites such as:</p> <p><a href="http://www.foodafactoflife.org.uk">www.foodafactoflife.org.uk</a>  <a href="http://www.nutrition.org.uk">www.nutrition.org.uk</a>  <a href="http://www.aqa.org.uk">www.aqa.org.uk</a></p> <p>Sign in to use the AQA GCSE Food Preparation &amp; Nutrition: Digital Book Bundle  <a href="http://www.illuminate.digital/aqafoodlogin">www.illuminate.digital/aqafoodlogin</a></p>

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