

Year 10 Curriculum Overview

Food Preparation and Nutrition

Autumn Term	
Golden Threads: Design, Make, Evaluate Prepare and cook commodities, Scientific terms, Health and Safety, Nutrition, Equipment, Evaluation	
HT1 – Food safety, spoilage, preparation and cooking	HT2 – Protein
Sweet and Sour Chicken	Portioning a Chicken
Somerset apple Tart	Chicken Tikka
	Chicken Kiev
Define the terms conduction, convection and radiation.	Lemon Meringue Pie
Define the term high risk.	
What is enzymic browning?	What are Macronutrients?
Define the term gelatinisation	Define the term Denaturing
Other than nutrients, what else does the body need?	What is coagulation?
What is the Maillard reaction?	Define the term ‘foam formation’
What is coagulation?	Why do we cook food?
What are the symptoms of food poisoning?	Define the terms ‘essential and non-essential amino acids’
Define the terms, physical, chemical and bacterial contamination	Define the term Haem iron
What temperatures should a fridge and freezer operate between?	What are the functions and sources of protein?

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What is the danger zone?	What is protein complementation?
Define the term binary fission	What are the consequences of an excess or deficiency of protein
What hygiene practices and procedures must be followed in food prep areas	What are the consequences of an excess or deficiency of iron
What is HACCP?	What vitamin do you need to complement iron and why?
What conditions are needed for bacteria to grow?	How do dietary requirements for protein and iron change for different individuals?
Name 5 pathogenic bacteria	What is the recommended daily intake and percentage of energy for protein?
	How are sources of protein grown reared or caught?
	Which foods contain HBV proteins?
	What are LBV proteins?
	Which foods contain LBV proteins?

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Spring Term	
Golden Threads: Design, Make, Evaluate Prepare and cook commodities, Scientific terms, Health and Safety, Nutrition, Equipment, Evaluation	
HT3 – Alternative sources of protein and Fats part 1 Taste testing challenge, NEA preparation Falafel and pitta bread Sausage rolls What is protein complementation? How do different lifestyle and dietary needs affect food choice? What are the three main functions (other than to provide energy) of proteins. What are the main animal sources of protein in our diet? What are the main plant sources of protein in our diet? What are proteins made of? What are essential amino acids. What are non-essential amino acids. What are HBV proteins	HT4 Fats part 2 and Carbohydrates, complex Choux Buns with chantilly cream and chocolate ganache Mayonnaise Pasta Bread making What foods are monounsaturated fats found in? What foods are polyunsaturated fats found in? What are essential fatty acids.. What are the health benefits of Omega-3. What fraction of our energy should come from fat? What are the consequences of a diet too low in fat? What are the risks of a diet that is too high in fat? What are the different chemical compounds of carbohydrates?

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Other than providing energy what functions do fats perform in the body?	What are the sources and functions of carbohydrates.
What are the two main types of fats?	What are the consequences of an excess or deficiency of carbs?
What are the health risks associated with saturated fats?	Define the term dextrinisation
What foods contain saturated fats?	What is a possible health benefit of soluble fibre?
Why are unsaturated fats healthier for us?	Why do we need dietary fibre?
Define the terms shortening, aeration, plasticity and emulsification	What are the possible effects of too little fibre in the diet?
Define the term rancidity	What are the possible effects of too much fibre in the diet?
Define the terms (BMR) Basal metabolic rate and physical activity levels (PAL)	What are the sources of insoluble fibre in the diet?
	What are the sources of insoluble fibre in the diet?
	Where do we get water in our diet?
	How much water do we need in our diet?
	What happens if we consume too little water?
	What happens if we consume too much water?

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Summer Term	
Golden Threads: Design, Make, Evaluate Prepare and cook commodities, Scientific terms, Health and Safety, Nutrition, Equipment, Evaluation	
HT5 – Carbohydrates, Sugars Strawberry Jam Victoria Sponge Sugar craft What type of carbohydrate are the simple sugars glucose and fructose? Sucrose is an example of what type of carbohydrate, made from two sugar molecules joined together? What other nutrients do starchy carbohydrates provide the body with? Why is sugar sometimes referred to as “empty calories”? What health conditions can a diet high in sugar cause? What are the effects of eating too much carbohydrate? What are the effects of eating too little carbohydrate?	HT6 –Vitamins and minerals Different ways of cooking potatoes Fruit tart with creme patisserie and fruit glaze What are the different vitamins and their function What are the different minerals and their function What are the sources of vitamins and minerals? What are the different methods of preserving and keeping food? Why is food wastage a financial and environmental issue? How should food be labelled in the Uk? What are the benefits of seasonality? What is primary and secondary food processing? What is food security? What are food miles?

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Why do starchy foods make a better energy source than sugar?	How can food waste be prevented?
What fraction of the diet should be from starch carbohydrates?	What are GM foods?
What are intrinsic and extrinsic sugars.	What is food fortification?
What is the maximum amount of sugar recommended for children aged 4-6, 7-10	What are the positive and negative effects of food modification on health and food production?
and adults and children over 11?	How do different global cuisines affect food choice?
	What is food sustainability?
	What is the impact of packaging on the environment?
	Define the terms enzymic browning and oxidation