Food Unit Overview Year 10

Key Stage 4 Food Year 10 Autumn Term
National Curriculum . The GCSE subject content sets out the knowledge, understanding and skills common to all GCSE specifications in food preparation and nutrition to ensure progression from key stage 3 national curriculum requirements and the possibility of development to further study. **Aims and learning outcomes.** GCSE specifications in food preparation and nutrition must equip students with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. They should encourage students to cook and enable them to make informed decisions about a wide range of further learning opportunities and career pathways as well as develop vital life skills that enable them to feed themselves and others affordably and nutritiously, now and later in life. **In studying food preparation and nutrition, students must:** • Demonstrate effective and safe cooking skills by planning, preparing and cooking using a variety of food commodities, cooking techniques and equipment • Develop knowledge and understanding of the functional properties and chemical processes as well as the nutritional content of food and drinks • Understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health • Understand the economic, environmental, ethical, and socio-cultural influences on food availability, production processes, and diet and health choices • Demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food • Understand and explore a range of ingredients and processes from different culinary traditions (traditional British and international), to inspire new ideas or modify existing recipes. **Subject content** GCSE specifications in food preparation and nutrition must enable students to make the connections between theory and practice so that they are able to apply their understanding of food and nutrition to practical cooking.
NHS Overview: During year 10 students continue to develop a wide range of culinary skills while learning more in depth about food choices, whether that be linked to culture and religion or seasonality and environmental concerns. Students will also learn how to approach the NEA1 and NEA2 in preparation for year 11. **Topics:** • Factors affecting food choice • Cultures and cuisines • Technological developments • Principles of nutrition • Food science **Introduction to Practice NEA1** – Food science investigation **Introduction to Practice NEA 2** – Demonstrating theoretical understanding and practical high skills. Students will experience exam style questions to assess their theory understanding and to prepare them for their GCSE examination.

What are we learning?	What knowledge, understanding and skills will we gain?	Evaluation and assessment	Implementation	What additional resources are available?
Factors affecting food choices	Knowledge – ethics, seasonality, culture, medical conditions, marketing Understanding – consumers choice of food is affected by a variety of needs and wants Skills – identify ingredients and dishes that can meet a variety of needs and wants	Students successfully identify, plan, and produce a dish for identified dietary needs and choices e.g. vegetarianism	In year 10, students considered nutritional needs, as well as their own and their family's food choices, and now meet a wide range of familiar and unfamiliar needs.	Fully equipped kitchens with gas and electric cookers. Drawer and cupboard equipment for 18 students. Spare equipment. Additional specialist equipment including blenders and food processors. Food storage (dry storage and cold storage)
Roux based sauces	Knowledge – order of work for a successful sauce, besciamella, Understanding – correct technique is essential to produce a smooth sauce Skills – effectively control heat level, timings, quantities, and order of work	Students successfully plan and produce a dish that incorporates a roux based sauce e.g. lasagne or cannelloni	Previous work with milk/flour/cheese based sauces provide a foundation for producing an Italian style dish.	
NEA1 Food investigation	**The topic for this assessment is released by the exam board in the Autumn term of year 11**		**Students have been introduced to NEA1 practical/scientific experiment in Year 9 in an extended/personal investigation.**	

Using the whole animal	Knowledge – kidneys, liver, heart, world traditions Understanding – waste can be avoided when cooking with meat, and this is traditional in many cultures Skills – safe and effective preparation of offal products	Students successfully plan and produce an offal dish e.g. Sorpotel, Devilled Kidneys	Previous work with meat ensures students have an understanding of QC and prevention of cross contamination, and now develop use and understanding of these skills with more challenging cuts.	Stock ingredients to cover students' losses and omissions. Non-cooker worksheets. Powerpoint guides. Room safety displays. Planning pro formas. Hand washing and anti-bacterial supplies.
Butchery - meat	Knowledge – portioning a chicken, breast, leg, wings, thigh Understanding – accurate cutting wastes little meat, and ensures high presentation Skills – identify and carry out correct cuts	Students produce dishes that efficiently use meat from a whole chicken with little waste	Knife skills taught since year 7 are applied and developed further to ensure safe and efficient cutting of a whole chicken	
Fishmongery	Knowledge – descaling, removing guts, filleting Understanding – accurate cutting wastes little meat, and ensures high presentation Skills – identify and carry out correct cuts	Students produce dishes that efficiently use whole fish with little waste	Knife skills taught since year 7 are applied and developed further to ensure safe and efficient cutting of whole fish	
Mock Exam	A revision programme will be given to students in preparation for the mock exam, including: Food Commodities, Principles of Nutrition, Diet and Good Health, Science of Food, Where Food Comes From, and Cooking and Preparation			