



## Bishop Milner Catholic College Year 10 CURRICULUM PLAN for FOOD PREPARATION & NUTRITION



The curriculum for this stage of students' education has been designed to develop student's knowledge and understanding of a wide range of commodities, developing skills and independence. Students should be able to use this knowledge to choose and apply the appropriate knowledge to set tasks. They will develop an understanding of how Proteins, fats and oils and alternative proteins are produced. The effects processing on the raw materials and their sensory characteristics and nutritional content. During the year students will be able to build on their prior knowledge and skills enabling them to produce more complex and skilfully executed products and project work.

<p><b>HALF TERM 1:</b> Fruit and vegetables</p> <p><b>STUDENTS MUST KNOW:</b></p> <ul style="list-style-type: none"> <li>• The classification of fruit and vegetables and seasonality.</li> <li>• Nutritional value and contribution to a balanced diet.</li> <li>• Preservation and food safety including enzymic browning.</li> <li>• How to plan, complete and evaluate scientific research on the functions of ingredients.</li> <li>• Select and apply skilful cooking methods.</li> <li>• Evaluate products using a range of sensory analysis techniques suggesting improvements to products, to improve sensory appeal</li> </ul> <p><b>HOW THIS WILL BE ASSESSED:</b> Assessments will be completed during and at the end of each topic through written responses to questioning and practical work completed.</p>	<p><b>HALF TERM 2:</b> Dairy Products</p> <p><b>STUDENTS MUST KNOW:</b></p> <ul style="list-style-type: none"> <li>• Classification of dairy products, Types of animals used processing primary commodity into secondary products, including the use of microorganisms.</li> <li>• Storage methods and the effect of incorrect storage.</li> <li>• Denaturisation of proteins and emulsions.</li> <li>• Nutritional value and contribution to a balanced diet</li> <li>• Develop preparation and cooking skills to produce quality well finished products.</li> <li>• Evaluate products using a range of sensory analysis techniques suggesting improvements to products, to improve sensory appeal and suitability for given brief.</li> </ul> <p><b>HOW THIS WILL BE ASSESSED:</b> Assessments will be completed during and at the end of each topic through written responses to questioning and practical work completed.</p>	<p><b>HALF TERM 3:</b> Cereals</p> <p><b>STUDENTS MUST KNOW:</b></p> <ul style="list-style-type: none"> <li>• The classification, production and processing cereals</li> <li>• How staple foods are eaten around the world.</li> <li>• Bread making techniques, using microorganisms and enriched doughs.</li> <li>• The science linked to the Gluten, gelatinisation, coagulation, dextrinization, bread making process.</li> <li>• Nutritional value and contribution to a balanced diet.</li> <li>• Select and apply skilful cooking methods.</li> <li>• Evaluate products using a range of sensory analysis techniques suggesting improvements to products, to improve sensory appeal and suitability for given brief.</li> </ul> <p><b>HOW THIS WILL BE ASSESSED:</b> Assessments will be completed during and at the end of each topic through written responses to questioning and practical work completed.</p>
<p><b>HALF TERM 4:</b> Meat, Fish, Poultry and eggs</p> <p><b>STUDENTS MUST KNOW:</b></p> <ul style="list-style-type: none"> <li>• The classification of Animal Protein foods, provenance, animal welfare and consumer choice.</li> <li>• The science of protein foods including denaturation, coagulation, foaming, aeration, mallard reaction.</li> <li>• Nutritional value and contribution to a balanced diet, including deficiencies and excess.</li> <li>• A wide range of preparation skills used when producing quality well finished products. Using a range of cooking methods.</li> <li>• Use of effective sensory analysis for both homemade and factory made.</li> </ul> <p><b>HOW THIS WILL BE ASSESSED:</b> Assessments will be completed during and at the end of each topic through written responses to questioning and practical work completed.</p>	<p><b>HALF TERM 3:</b> Butter, Oils, Margarine, sugar and syrup</p> <p><b>STUDENTS MUST KNOW:</b></p> <ul style="list-style-type: none"> <li>• The classification and processing of fat and sugar and the plants animals used to produce them.</li> <li>• The science of plasticity, shortening, emulsification, caramelisation and hydrogenation. Including experimental work.</li> <li>• Nutritional value and effects on health.</li> <li>• Create independently a wide range of products using high level skills and specialist equipment to produce quality well finished products.</li> <li>• Develop evaluation skills including sensory analysis to suggest improvements to improve sensory appeal and suitability for given brief and target group.</li> </ul> <p><b>HOW THIS WILL BE ASSESSED:</b> Assessments will be completed during and at the end of each topic through written responses to questioning and practical work completed.</p>	<p><b>HALF TERM 6:</b> Alternative Proteins</p> <p><b>STUDENTS MUST KNOW:</b></p> <ul style="list-style-type: none"> <li>• The classification of alternative proteins including how they are produced and processed.</li> <li>• Nutritional value, preparation and producing quality products.</li> <li>• Environmental considerations and factors affecting choice</li> <li>• How to select appropriate cooking methods.</li> <li>• Evaluate products using a range of sensory analysis techniques suggesting improvements to products, to improve sensory appeal and suitability for given brief.</li> </ul> <p><b>HOW THIS WILL BE ASSESSED:</b> Assessments will be completed during and at the end of each topic through written responses to questioning and practical work completed.</p>

**Embedding this knowledge can be supported at home by supporting students to prepare and serve family meals every week, working independently or with some help to produce items that can be eaten as part of a healthy balanced diet, encouraging students to be discerning and adventurous consumers, using SENECA home learning to support the knowledge and understanding of topics covered in lesson.**