

**Year 10 Food, Preparation and Nutrition**  
**Learning Journey 2018-2019**

Wk	Date	Year 10 Food preparation and nutrition Learning Journey Covering the Key Concepts	FS	N	FP	FC	CFP	Project	Assessment
1	3.9.18	Presenting Food Savoury Dishes practise and challenge						Food Presentation	
2	10.9.18	Sweet Dishes practice and challenge							
3	17.9.18	Nutrition Protein						Nutrition	
4	24.9.18	Fats Carbohydrates							
5	1.10.18	Vitamins, Minerals, Water TEST							Teacher Assessment <b>AO1</b> Test
6	08.10.18	Nutritional Needs and Health Design Task – Nutrition and Presentation							
7	15.10.18	Make nutritional dish Evaluation, reflection through Jenny Ridgewell							Teacher Assessment <b>AO3</b> Practical
	22.10.18	OCTOBER HALF TERM							
8	29.10.18	Food Science Raising Agents – Physical, Chemical, Biological						Food Science	
9	05.11.18	Raising Agent make – Bread, Cake, Choux or other Protein – Denaturation, Coagulation, Gluten, Maillard Reaction							
10	12.11.18	Protein make – Marinade Meat, Meringues, Quiche, Bread or other Fats & Oils – Plasticity, Shortening, Aeration, Emulsification							
11	19.11.18	Fats & Oils make – Salad dressing, Pastry or other Carbohydrates – Dextrinisation, Caramelisation Carbohydrate quick make Exam question on key terms							Teacher Assessment <b>AO2</b> Key term qu
12	26.11.18	NEA1 –Meringue – Scientific experiment. Research							NEA 1 Meringues
13	3.12.18	Practical and write up							
14	10.12.18	Reflection on experiments						Teacher Assessment NEA1 Section A,B&C	
15	17.12.18 Break up 19	Nutrition recall							
	24.12.18 31.12.18	CHRISTMAS							
16	7.1.19	Meat and Fish Meat: Cuts, types – jointing a chicken						Meat and Fish	
17	14.1.19	Fish: Types – filleting a fish							
18	21.1.19	Vegetarians Types, reasons, protein complementation						NEA 2 Vegetarians	
19	28.1.19	Sensory Analysis of meat substitutes							
20	4.2.19	NEA2 – design and make 2 vegetarian dishes Research Planning							
21	11.2.19	Make Evaluate							Teacher Assessment NEA2 Section C,D&E
	18.2.19	FEB HALF TERM							
22	25.2.19.	Food Provenance and Pasta Grown, reared, caught, Primary and Secondary processing						Food Provenance and Pasta	
23	4.3.19	Pasta – flour, shapes, colours							
24	11.3.19	In class pasta making – use of colours, shapes, pasta machine, simple sauce Evaluation and self reflection							Self Assessment <b>AO3</b> Practical
25	18.3.19	Organic, local, seasonal Rice – types, why we shouldn't reheat Introduce task – to make a dish that uses rice/ could be served with rice							

26	25.3.19	Make Evaluate		Teacher Assessment <b>A03</b> Practical
27	1.4.19	Key Scientific Terms - reflection		
	8.4.19 15.4.19	EASTER		
28	22.4.19	Technological developments, fortification		
29	29.4.19	Revision	EOYE	
30	6.5.19	YR 10 EOYE RAP		Teacher Assessment <b>A01</b> EOYE
31	13.5.19	Recap methods of cooking and heat transfer – conduction, convection, radiation Recap International Cuisine Choose a country and create a dish – link back to all areas covered- cooking methods chosen, scientific knowledge, link to presentation and nutrition	Methods of Cooking and Heat Transfer	
32	20.5.19	Make		
	27.5.19	MAY HALF TERM		
33	3.6.19	NEA 2 practise – Skills Session 3 – developing skills, choosing high skill dishes, dovetailing – demo and make – Flaky pastry, swiss roll etc Opportunity to pick up anything missed	Skills Session 3	
34	10.6.19			
35	17.6.19			
36	24.6.19			Teacher Assessment <b>A03</b> Practicals
37	1.7.19	COLLEGE DAYS		
38	8.7.19	Spare – Set up for Yr 11		
39	15.7.19	Activities week		

## Year 10 Food, Preparation and Nutrition Progress Tracker

Data sticker

AO1	Demonstrate knowledge and understanding of nutrition, food, cooking and preparation
AO2	Apply knowledge and understanding of nutrition, food and preparation
AO3	Plan, prepare, cook and present dishes, combining appropriate techniques
AO4	Analyse and evaluate different aspects of nutrition, food, cooking and preparation including food made by themselves and others

Food Science	Nutrition	Food Provenance	Food Choice	Cooking and Food Preparation
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Food Preparation and Nutrition		
15% Science investigation	35% Practical test	50% Exam

Date teacher	ASSESSMENT	Grade	B4L (optional)	Target(s) to make progress/Assessment feedback
	<b>Nutrition</b> Teacher Assessment <b>AO1</b> Test			
	<b>Nutrition</b> Teacher Assessment <b>AO3</b> Practical			
	<b>Food Science</b> Teacher Assessment <b>AO2</b> Key terms question			
	<b>Meringues</b> Teacher Assessment <b>NEA1</b> Section A,B&C			
	<b>Vegetarians</b> Teacher Assessment <b>NEA2</b> Section C,D&E			
	<b>Food Provenance</b> Self Assessment <b>AO3</b> Practical			

	<b>Food Provenance</b> Teacher Assessment <b>AO3</b> Practical			
	Teacher Assessment <b>AO1</b> EOYE			
	<b>Skills Session 3</b> Teacher Assessment <b>AO3</b> Practicals			