

Year 10 Learning Journey Food 2023-2024

Key Constructs					
Nutrition	Provenance	Food choice	Food safety	Food science	Cooking and preparation

Week	Date	Topic					AOs	Assessment
1 (wed)	4.09.23	Course intro	Food presentation	Presenting Sweet dishes	Practise	Presenting Savoury dishes		
2	11.09.23							
3	18.09.23	Practise Test	Nut: Macro, Micro, Non	Protein	Fats	Carbohydrates	AO1	Presentation
4	25.09.23							
5	02.10.23	Vitamins	Minerals	Nutrition Lifestage BMR, PAL	Design task Nutrition & Presentation	Nutrition test SENECA		
6	9.10.23						AO2	Nutrition
7	16.10.23	Make nutritional dish of choice	Eval & reflect JR Deficiencies	Food Science Raising agent	Raising agent make	PAUSE		
Half term								
8	30.10.23							
9	6.11.23	Protein: Denaturation, Coagulation, Gluten, Maillard	Protein make	Fats & Oils: Plasticity, Shortening, Aeration, Emulsification	Fats & Oils make	Carbohydrate: Dextrinisation, Caramelisation		
10	13.11.23							
11	20.11.23	Carbohydrate make	SENECA PAUSE Data drop	RAP Nut test. Food Science test	NEA1 Meringue Research	Hypothesis		
12	27.11.23						AO2	Science
13	4.12.23	Planning	Meringue Investigation	Evaluation	Hand in	Rap Science Test PAUSE		
14	11.12.23						AO1-4	NEA1
CHRISTMAS								
15 (Tue)	2.01.24	NEA1 RAP Commodities Fish	Filleting a fish demo	Fish make	Meat	Portioning a chicken demo		
16	8.01.24							
17	15.01.24	Chicken make	Milk, Dairy. Cheese & Milk	Fruits & Vegetables	Eggs & Cereals	GM, Organic, Red tractor, Fairtrade		
18	22.01.24							
19	29.01.24	Additives Fortification	Test	PAUSE	Intro NEA2 Vegetarians	Vegetarian Research	AO1	Commodities
20	5.02.24							
Half term								
21	19.02.24	Sensory analysis	Taste test Analysis	Research Initial ideas	Planning for skills trial			
22	26.02.24							
23	4.03.24	Make skills trial	Evaluate	Choose final 2 dishes	Dovetail	Dovetail		
24	11.03.24						AO1-4	NEA2
25	18.03.24	Make 2 hours off timetable	Make Data drop	Evaluate and JR	Evaluate and JR	PAUSE		
26	27.03.24							
EASTER								
27	17.04.24	Food Preservation	Food poisoning	Preservation explain, taste	Demo jam	Planning to make		
28	24.04.24							
29 (BH)	02.05.24	Jam making	Cheese Making – good bacteria	Buying, storing & cooking food safely. Test	Packaging Label Tech develop Fortification Additives	Test Food Waste & Security	AO1	Preservation
30	08.05.24						AO2	Fortification
31	15.05.24	British food/ International cuisine recap	Demo international dish	Make international dish	EOYE PREP	RAP Preservation EOYE PREP		
32	22.05.24							

Half term								
33	05.06.24	Afternoon tea. Research	Task analysis	Demo Mille Feuille	Make Mille feuille			
34	12.06.24		Skills trial					
35	19.06.24	Annual Exam	Annual Exam	Annual Exam	Initial ideas			Annual Exam
36	23.06.24							
37	03.07.24	Make Data drop	Make	Reflection	RAP ANNUAL EXAM Expectations & structure- Yr 11			
38	10.07.24							
39	17.07.24	Activities Week/ Work Experience						

NEA1 Food Science	NEA2 Food Preparation	Written Exam
15%	35%	50%

Name:		Autumn	Spring	Summer
Subject Target		Flightpath		
Annual Exam Grade:		BFL		

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

Date	Assessment	Flight Path Grade
Autumn 1	Presentation	
Autumn 1	Nutrition	
Autumn 2	Science	
Autumn 2	NEA1	
Spring 1	Commodities	
Spring 2	NEA2	
Summer 1	Preservation	
Summer 1	Fortification	

YR 10 KEY CONSTRUCTS for FOOD

NUTRITION

Nutritional needs change for different lifestyles, including those with specific dietary needs	There are recommended daily energy amounts provided by protein, fat and carbohydrates (starch, sugars, fibre) that should be included in the diet.	Dietary reference values	Energy and nutritional needs can be calculated for different people's needs. Meals can be planned to consider dietary needs
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FOOD PROVENANCE/ ENVIRONMENTAL ISSUES

Foods come from a range of sources; grown, reared, or caught

FOOD CHOICES/ DISH PROPOSAL

There are a range of factors that influence food choices, including enjoyment, preferences, seasonality, costs, availability, time of day, activity, celebration, or occasion	The sensory qualities of a range of foods can be tested through tasting panels	People make choices about certain foods according to religion, culture, ethical belief or medical reason
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FOOD SAFETY

Microorganism can be used in food production

FOOD SCIENCE

The working characteristics, functional and chemical properties of ingredients can be altered to achieve a particular result

FOOD IN INDUSTRY

COOKING AND FOOD PREPARATION

There are a range of skills and processes that must be mastered

- consider the influence of lifestyle and consumer choice when developing meals and recipes
- consider nutritional needs and food choices when selecting recipes, including when making decisions about the ingredients, processes, cooking methods and portion sizes
- develop the ability to review and make improvements to recipes by amending them to include the most appropriate ingredients, processes, cooking methods and portion sizes
- manage the time and cost of recipes effectively
- use their testing and sensory evaluation skills, adjusting where needed, to improve the recipe during the preparation and cooking process
- explain, justify and present their ideas about their chosen cooking methods to others
- make decisions about which techniques are appropriate based on their understanding of nutrition, food, different culinary traditions and cooking and food preparation content in order to achieve their intended outcome. They should be able to carry out these techniques safely and combine them into appealing meals whilst evaluating the results.

KEY WORDS

Dextrinisation	Fortification
Caramelisation	Additives
Coagulation	Intensive
Denaturation	Portioning
Gelatinisation	Filleting
Gluten	Recommended intake
Aeration	Cardiovascular disease
Monosaccharides	Rickets
Disaccharides	Anaemia
Polysaccharides	Kwashiorkor
Saturated	Preservation

