Year 10 Learning Journey Food 2024-2025

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 savoury dishes	Presenting sweet dishes	Spun sugar		
2	11.09.23							
3	18.09.23	Plan own	SENECA Test	Make	Nut: Macro, Micro, Non	Protein	AO1	Presentation
4	25.09.23							
5	02.10.23	Fats	Carbohydrates	Vitamins	Minerals	Nutrition Lifestage BMR, PAL		
6	9.10.23							
7	16.10.23	Design task Nutrition & Presentation	Nutrition test SENECA	Make nutritional dish of choice	Eval & reflect JR	Deficiencies	AO2	Nutrition
Half term								
8	30.10.23							
9	6.11.23	Food Science Raising agent	Raising agent make	Protein: Denaturation, Coagulation, Gluten, Maillard	Protein make	Fats & Oils: Plasticity, Shortening, Aeration, Emulsification		
10	13.11.23							
11	20.11.23	Fats & Oils make	Carbohydrate: Dextrinisation, Caramelisation	Carbohydrate make	RAP Nut test. Food Science test	NEA1 Meringue Research		
12	27.11.23						AO2	Science
13	4.12.23	Hypothesis	Planning	Meringue Investigation	Evaluation	Hand in Rap Science Test		
14	11.12.23						AO1-4	NEA1
CHRISTMAS								
15 (Tue)	2.01.24	Reflect on NEA 1	PAUSE	NEA1 RAP Commodities Fish	Filleting a fish demo	Fish make		
16	8.01.24							
17	15.01.24	Meat	Portioning a chicken demo	Chicken make	Milk, Dairy. Cheese & Milk	Fruits & Vegetables		
18	22.01.24							
19	29.01.24	Eggs & Cereals	GM, Organic, Red tractor, Fairtrade	Additives Fortification	Test	Vegetarian Research	AO1	Commodities
20	5.02.24							
Half term								
21	19.02.24	Intro NEA2 Vegetarians	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							
25	18.03.24		Make 2 hours off timetable	Make	Evaluate and JR	Evaluate and JR Hand in		
26	27.03.24						AO1-4	NEA2
EASTER								
27	17.04.24	Reflect on NEA2	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 Labelling	Test Food Waste & Security	AO2	Preservation
30	08.05.24							
31	15.05.24	British food/			EOYE PREP			

32	22.05.24	International cuisine recap	Demo international dish	Make international dish		RAP Preservation EOYE PREP		
Half term								
33	05.06.24	Afternoon tea. Research	Task analysis Skills trial	Demo Mille Feuille	Make Mille feuille	Evaluation		
34	12.06.24							
35	19.06.24	Annual Exam	Annual Exam	Annual Exam	Initial ideas	Initial ideas		Annual Exam
36	23.06.24							
37	03.07.24	Make	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**	

YR 10 KEY CONSTRUCTS for FOOD

NUTRITION			
Nutritional needs change for different lifestages, 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

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

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