

Year 10 Food Preparation & Nutrition Learning Journey 2020-2021

WK	Date		FS	N	FP	FC	CFP	Project		Assessment
1	07.09.20	Presenting Food - Savoury dishes practice and challenge						Presenting Food		
2	14.09.20	Presenting Food - Sweet dishes practice and challenge								
3	21.09.20	Nutrition in detail Protein						Nutrition		
4	28.09.20	Fats. Carbohydrates								
5	05.10.20	Vitamins & Minerals								
6	12.10.20	Nutritional needs and Lifestages. BMR, PAL, etc Design task – Nutrition and Presentation								TEST A02
7	19.10.20	Make nutritional dish of choice Evaluation and reflection using Explore Food								
HALF TERM										
8	02.11.20	Food Science Raising agent recap – quick make						Food Science		
9	09.11.20	Protein – Denaturation, Coagulation, Gluten, Maillard Reaction								
10	16.11.20	Protein Make – Marinate, Meringues, Quiche Fats & Oils – Plasticity, Shortening, Aeration, Emulsification								
11	23.11.20	Fats & Oils Make – Dressing, Pastry Carbohydrates – Dextrinisation, Caramelisation								
12	30.11.20	Carbohydrate Make -								TEST A01
13	07.11.20	NEA1 Meringues - Research, hypothesis							NEA1	
14	14.12.20 (1/2 week)	Planning investigations								
CHRISTMAS										
15	04.01.21	Meringue Investigations & Evaluation								NEA1 Research, investigate, evaluate
16	11.01.21	Nutrition Recall								
17	18.01.21	Commodities Meat – cuts, types, jointing a chicken						Commodities		
18	25.01.21	Fish – types, filleting a fish								
19	01.02.21	Milk and Dairy – types of milk, how cheese is made								
20	08.02.21	Fruit and Vegetables - types								
HALF TERM										
21	22.02.21	Introduction to vegetarians Taste testing vegetarian foods						Vegetarians NEA2		
22	01.03.21	NEA2 Vegetarians – research, 12 ideas								
23	08.03.21	Planning and dovetailing								
24	15.03.21	Make 2 vegetarian dishes. Evaluation								
25	22.03.21	Nutrition and costing – Explore Food								
26	29.03.21 (1/2 week)									NEA2 Research, Make, Evaluate
EASTER										
27	19.04.21	EOYE PREP Food and heat transfer. Cooking Methods								
28	26.04.21	EOYE PREP Food Provenance. Nutrition								
29	04.05.21	EOYE /PREP Food Packaging and Labelling								
30	10.05.21	EOYE / Lesson British/International Cuisine recap								EOYE A01
31	17.05.21	Make a dish from another country, science links								
32	24.05.21	EOYE RAP								
HALF TERM										
33	07.06.21	Introduce Afternoon tea – Research, Target Market						Afternoon Tea NEA2		
34	14.06.21	Group work. Ideas. Skill links. Themes. Choose 5								
35	21.06.21	Make. Present. Photograph								
36	28.06.21	Write up. Evaluation								
37	05.07.21	Reminder of expectations and structure of Year 11								Feedback
38	12.07.21	Development day/Activities week								
39	19.07.21	Development day/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
Food Preparation and Nutrition				
15% Science investigation NEA1	35% Practical NEA2		50% Written Exam	

Date	ASSESSMENT	Grade	B4L	Target to make progress/Assessment feedback
	NUTRITION AO2 Test			
	FOOD SCIENCE AO1 TEST			
	NEA1 Research Investigate Evaluate			
	NEA2 Research Make Evaluate			
	EOYE AO1			
	Overall Feedback			